

In Fitness And In Health

# HOW TO BUILD A **KICK-ASS** FITNESS HABIT

A GUIDE TO DISCOVERING YOUR PASSION  
FOR A HEALTHY WAY OF LIFE



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In Fitness And In Health Presents:

# **How to Build a Kickass Fitness Habit**

A guide to discovering your passion for a healthy way of life

Scott Mayer

# Table of Contents

Introduction: What This Book Is, and What It Isn't

1. Getting Started: Building Good Habits

2. Establishing Your Why: Then Defining Your Goals

3. Putting In The Work: Building and Executing on Your Plan

4. Dialing in Your Nutrition: Distinguishing The Good From The Bad

5. A Recap: And Some Parting Words To Inspire You

# Introduction

## What this book is, and what it isn't

Autumn, 2002.

I had just been denied a spot on the freshman golf team. I was devastated. Not only was I not going to play my favorite sport for one of the best programs in the state (and use one of their sweet new golf bags), I thought I missed my only opportunity to make new friends at a new school.

My dad let me wallow in pity for about a day and a half.

"Find another extracurricular activity," he said. "I don't care what it is, but you have to do something."

I told him I didn't have any ideas. I was pretty upset I wasn't going to be playing golf that fall. And I was 15, so naturally I was moody as hell.

"What about cross-country?" he suggested.

"What about it," I thought to myself. Cross-country was running. Just running. Other sports' punishment. How on earth could anyone find that fun? At any rate, I didn't have a better idea, so the next day after school I laced up my shoes and headed off to the track.

Little did I know that simple act would kickstart a lifelong pursuit of physical (and later mental) well-being.

Since that first practice nearly 20 seasons ago, fitness has been my great passion in life. I've logged thousands of miles. I've lifted thousands of weights. I've experimented with all manner of training concepts and exercise protocols. And this passion has

only grown with time. It is a part of who I am and always will be. I plan to celebrate my 80th birthday with a jog in the woods. The fire will never go out.

But by no means has it been an easy road.

Fitness and I have endured some tough times over the years. I've missed the mark on countless personal goals. I've battled injury time and again. I've faced lapses in motivation. I've gone through lengthy periods where I just didn't know what I wanted or what I should do next.

But in spite of all that, in spite of myself, I keep at it. Every day I know that whatever happens, if all else fails, I will get my workout in.

### **It's because I've built the habit.**

I don't have to think. I just do. The habit is what keeps me going, through thick and thin, in good times and bad.

This book is about helping you build your own kickass fitness habit. About stoking that fire deep within yourself. About finding what you're passionate about and amplifying it physically. Then putting a plan around that passion and, most importantly, executing on that plan. Day in and day out.

This book is not a training manual. If you're looking for reps and sets, this isn't it. This book focuses on what comes before all that. On laying the groundwork for a healthy way of life that speaks to you as an individual. On augmenting your strengths and improving your weaknesses. On waking up in the morning ready and willing to work yourself physically and mentally.

This book has everything you need to begin building a rock-solid fitness habit. I've taken all my knowledge from nearly 20 years of education and experimentation and channeled it into this 20-page guide designed to kickoff (or improve upon) your personal fitness adventure.

Together we can determine what it is that drives you, then set you down the path to success. We'll work on making exercise a part of your routine. We'll work on establishing goals that keep you motivated. And we'll have fun along the way.

Every journey starts with a single step. Every habit begins on day one. Today is day one.

Let's begin.