

## Rob's Ten Commandments of Fitness Success

- 1. You must eat frequently to raise metabolism and set the fat burning mechanism in motion.**
- 2. You must combine approved protein and carbohydrates at every meal.**
- 3. You must be specific in your protein and carbohydrate choices. Only certain protein and carbohydrates are acceptable and conducive to fat burning and muscle growth.**
- 4. You must be aware of the forbidden foods, which only contribute to the addition of body fat, acidic blood chemistry, and the decline of optimal health and vitality.**
- 5. You must understand, and take control of your metabolism.**
- 6. You must be aware of the biological value of foods, and how they react to your body.**
- 7. You must add weight training to your regimen, understanding the concept of stress and recovery.**
- 8. You must become involved in structured cardiovascular activity.**
- 9. You must know the benefits and function of nutritional supplements, and recognize which are not necessary.**
- 10. You must have the mental acuity and conditioning to refute the monster of procrastination and passivity.**

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