

Brendan Brazier

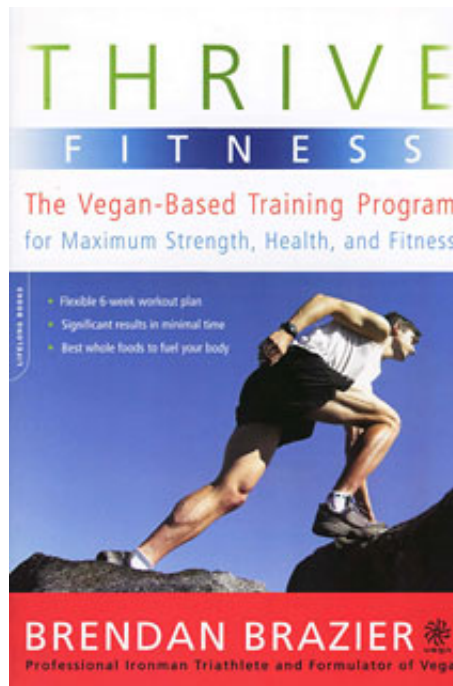
Thrive Fitness: The Vegan-Based Training Program

Leseprobe

[Thrive Fitness: The Vegan-Based Training Program](#)

von [Brendan Brazier](#)

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the 4 components of vitality

PROGRAM OR LIFESTYLE?

Most conventional fitness and training books focus on weight loss and its aesthetic benefits. They present a program to be completed in a set amount of time and often include before-and-after pictures. The results — toned, lean muscles and a reduction in body fat — are visually impressive and can serve to motivate people.

But Thrive Fitness encourages you to view these benefits as byproducts of your increased fitness level rather than your ultimate goal. The real benefit is what you can achieve once you have obtained fitness. A fit person can do things the non-fit person couldn't even imagine.

Thrive Fitness has no true beginning or end. Like a fitness program, it will result in linear, successive physical and mental gains — usually within 8 to 12 weeks. But those gains will be ongoing; therefore, I prefer to view Thrive Fitness as a lifestyle.

Once you have a firm grasp of its premise, Thrive Fitness will simply become part of your life. You'll want it to. Even if your lifestyle has never included regular exercise, Thrive Fitness will help you begin a new and tremendously rewarding chapter in your life. If you are a seasoned athlete,

Thrive Fitness may help you to become more efficient, more focused, and able to perform at a higher level.

Initially, the physical and mental rewards will be the catalyst that makes you continue, but eventually you may also begin to enjoy the *process* of developing the results. In fact, the process itself contributes to many of the mental benefits of living Thrive Fitness; if you enjoy something, you are more likely to become successful at it.

There's nothing wrong with putting other areas of your life on hold and training hard to lose weight and build muscle during one 12-week period. But I believe that an ongoing, enjoyable, sustainable lifestyle that includes a fitness element is the best way to achieve your goals. You cannot reach those goals if you don't have the physical and mental fortitude to achieve them.

Thrive Fitness lays the foundation for peak mental and physical health and vitality. Once you are not just healthy but thriving, everything you do in life will be easier — whatever your goals and wherever you choose to focus your newfound energy, drive, and ambition.

The Thrive Fitness program has four components of vitality. There are two core elements — high-return exercise and high net-gain nutrition — supported by two less appreciated factors that, in many cases, are the glue holding the core together — efficient sleep and uncomplementary stress reduction.

High-Return Exercise

Physical exercise is really nothing more than breaking down body tissue — thus encouraging the body to grow back stronger than it was. High-return exercise is *only* performing an exercise when a solid return on your energy investment is ensured; and therefore it is a core principle of Thrive Fitness. When combined with low-energy output, high-return exercise will help quickly build muscular strength that will result in greater efficiency and therefore will have a major impact on all aspects of life — from greater energy levels, reduced body fat, and better mental clarity to reduced risk of disease.

High Net-Gain Nutrition

Based on my previous book, *Thrive*, this component outlines why easily digestible, nutrient-dense whole foods are the cornerstone of an effective nutrition plan. The premise is simple: stress reduction through better nutrition. Eating more high net-gain foods maximizes efficient digestion and assimilation of nutrients and eliminates excess work for the body. As a large amount of nutritional stress is relieved, symptoms such as general fatigue and sugar and starch cravings will disappear.

Efficient Sleep

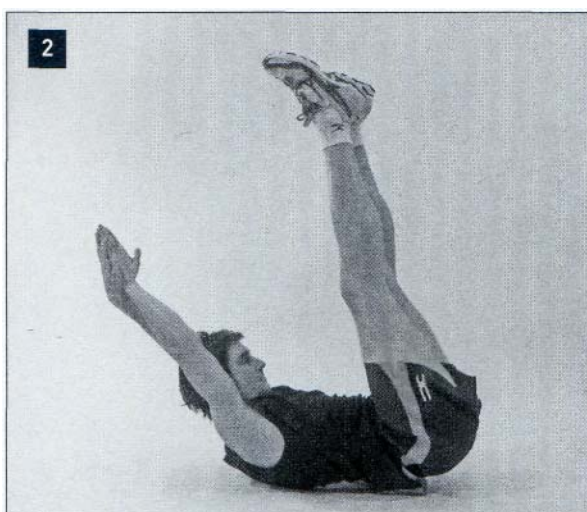
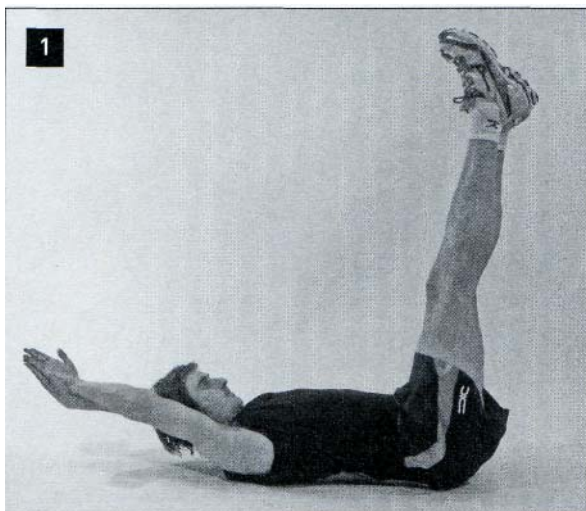
This component describes how high-quality sleep, or deep sleep, expedites the benefits of an exercise and nutrition program. The result of exercise — broken-down cells — combined with the building blocks provided by high net-gain nutrition — to grow back stronger cells — go to work in this phase of sleep. To sleep deeply is to sleep efficiently. Better-rested people have more energy and aren't reliant upon stimulants such as sugar or caffeine to get it.

Uncomplementary Stress Reduction

While nutritional stress, and therefore a large part of overall stress, can be attributed to poor diet, there are several lifestyle situations that also cause stress responses. Reducing the amount of work you perform will, in most cases, reduce stress. But what about productivity? How does one reduce stress while maintaining a productive life? While the goal of general stress reduction is a good one, we must be mindful to focus our efforts on eliminating uncomplementary stress while maintaining complementary and production stress. In *Thrive*, I explain each stress and its origins in great detail. And more importantly, I outline how to selectively reduce unbeneficial types of stress while cultivating activities that, although stress producing, will benefit our lives and help us achieve our goals.

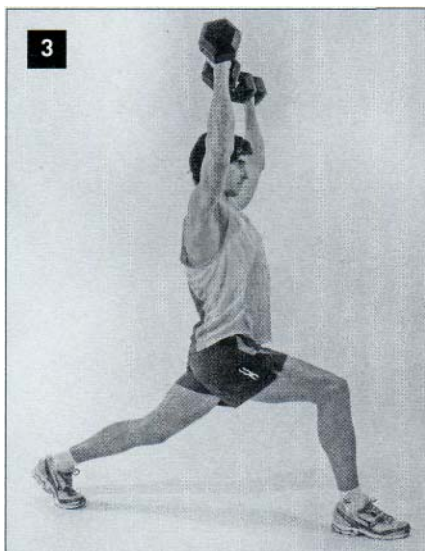
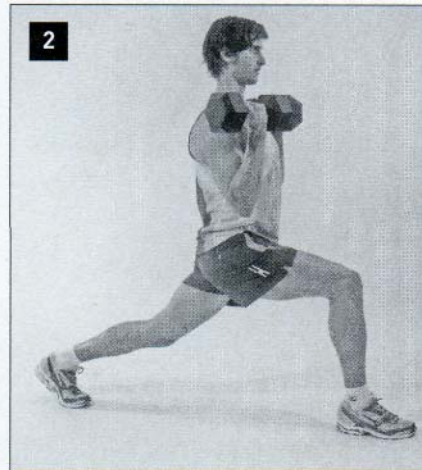
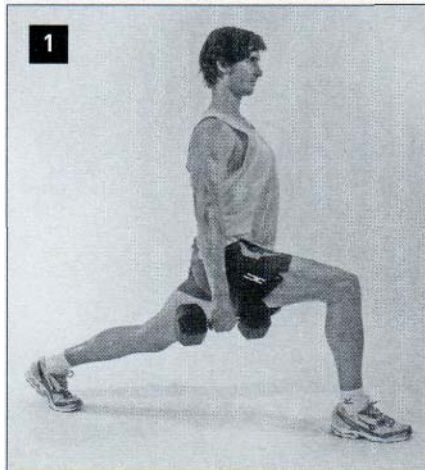
In addition, consistently doing things that you don't enjoy is a major contributing factor to stress. The way you perceive what you're doing is of utmost importance. I explain the value of perception, its role on stress, and

JACKKNIFE



Lie on your back with your hips bent at nearly 90 degrees and your arms stretched out behind you, with your upper arms covering your ears and wrists crossed (1). Simultaneously push your pelvis upward and crunch your shoulders toward your body while keeping your arms tightly in place (2). Pause for two seconds. Return to starting position.

LUNGE BICEP CURL AND SHOULDER PRESS



Stand with a dumbbell in each hand, with palms facing toward your hips. Take a giant step forward with your right leg so that the knee is bent 90 degrees (1). Simultaneously lift both weights by bending your arms (2). Slowly raise the weights above your head while rotating your palms outward (3). Pause for two seconds. Slowly bring the weights back down to the second position, then lower them to the starting position. Step back and repeat with your left leg forward.

Tip: Be sure to keep the abdominals tight throughout the movement to protect the lower

back.

Variation: To make the exercise harder, squat deeper. Or you can also raise the heel of your squatting foot about half an inch off the floor. This puts pressure on the calf muscle and makes the stabilizer muscles in your feet and abdominals work harder. To make it even harder, rest your back leg on a bench instead of on the floor.

Training and Nutrition Log

Week 4 and 5 Rotation number: 3
 Day / Date: Monday / April 6
 Time of day started: 7:33 A.M.
 Objective: Maintain good form, even toward the end.
 Focus on breathing.
 Energy level before workout: * * * * *
 Energy level after workout: * * * * *
 Duration of workout: 43 min
 Weakest link: Faltered a bit toward the end.
 Strongest element: Breathing was controlled.

Main Exercise Circuit	Repetitions		Weight, each dumbbell
	Goal	Actual	
Squat with lateral raise	15	15	25
Pull up from floor*	15	15	NA
Dumbbell pull-over	15	15	60
Upright row	15	12	30
Pull-in with bicep curl	25	23	25

Core Exercise Circuit	Repetitions	
	Goal	Actual
Double crunch	25	25
Jackknife	15	15
Opposite leg and arm lift	15	15
Side crunch with leg lift	20	20
Bridge and hamstring curl on exercise ball	15	12

Comments: Felt strong at the beginning and throughout most of the workout, but energy dropped off a bit on the last set. Will make sure nutrition is good after workout to ensure high energy for the next one.

Nutrition

Pre-workout snack: Carob Strawberry Energy Bar
(recipe on page 196)

Post-workout snack : Chocolate Vega Recovery Drink
(recipe on page 189)

Meals / snacks

Time: 11:12 A.M.

Description: large pear

Time: 12:23 P.M.

Description: Collard Greens Buckwheat Wrap with Pumpkin Seed Pesto (recipes on pages 202 and 204)

Time: 4:22 P.M.

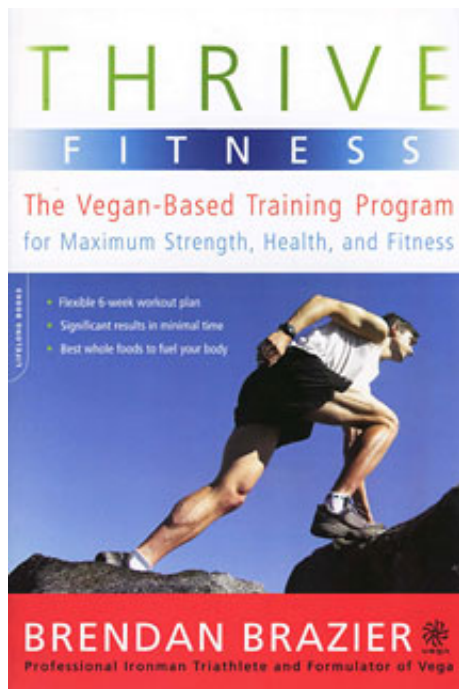
Description: smoothie made with Vega Whole Food Smoothie Infusion (recipe suggestions on pages 206 to 207)

Time: 7:10 P.M.

Description: big salad with mixed greens, dulse, sprouts, kale, with Pumpkin Seed Pesto (recipe on page 204)

Time: 9 P.M.

Description: salba with an apple



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for Maximum Strength, Health, and Fitness

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