



December 21, 2009 – Jorge Cruise Coaching Session Week 9

WEEK 9 TRANSCRIPT

Everyone, it's Jorge Cruise and welcome to our next class here. I'm thrilled and in today's class, we are going to be talking about exercise – one of my favorite topics. You may know me from the *8 Minutes in the Morning* book. This book has been out for quite some years – almost 10 years – and it's all about eight minute exercises that are about toning and strengthening the body. Or you may know me from a newer book I did called *The 12 Second Sequence*, which is an advanced book, and they're both strength training books, because strength training is the only way you can really renew and recreate the lost muscle. Which muscle is what gives us our shape and gives us our form and keeps us young. It also increases our metabolism. But here's what you're gonna learn in today's class is that any form of exercise is something that you may not realize and that is an appetite builder. I'm gonna talk to you about how to exercise and not gain weight. Because right now, you should be moving for the right reasons, not so you want to lose weight, even though a lot of my books were written with that original intent.

In today's world, I've really refined my reasoning to exercise and it's not about weight loss as it is strength toning and toning of the heart, because I eat to keep the weight off. I eat to do that. And there's a whole confusion that more exercise increases obesity has been shown to be true. This was on the cover of *Time Magazine* where it says of course it's good for you, but it won't make you lose weight. Why, it's what you eat that really counts. And I couldn't agree with *Time Magazine* even more. This is a great quote that really summarizes it really, but how we exercise more and we gain more weight than ever before. Sixty eight percent of all Americans are overweight; it's insane.

So, the big question is – you gotta realize and you gotta ask is – why? Why doesn't exercise cause us to lose weight? Well, it doesn't really burn a significant amount of calories, I should say, at any one time, and I've always talked to people about the after burn, which is where, strangely enough, you do burn calories afterwards. But most people, and this quote is really great, talking about how there has been ample demonstrations that exercise



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is an ineffective method for increasing energy output, this whole calorie science of burning calories and burning calories and all that. And it's really not effective, mainly for one thing: here it is in big black and white. It makes you hungry.

Back in the 1950s, doctors would tell people that were thin, which was kind of a thing back in the 50s and 40s, that if you needed to gain weight, you should exercise because it helps build a healthy appetite. And that's what it does and so many of the clients that I've now worked over the last 10 years that have exercised and didn't have their emotional issues in place, and didn't have a Belly Fat Cure type of program in place, would exercise and then overeat. And so they would always wonder why they didn't gain weight. Now all my exercise books had eating components in it that allowed them to modulate their eating properly back in the day with my *8 Minute* book and my *12 Second Sequence*. I really think that that was the main reason most of my clients back in the day lost that weight.

Now, are my books in the past – the *8 Minutes* or *The 12 Second Sequence* – books that you shouldn't use? No, they're absolutely super effective books for rebuilding tone and strength in your body. And you should do it for that reason and we're gonna talk more about that. But, you know, you've maybe tried this – I've never written a book about cardiovascular health because I was never an advocate that cardiovascular health was, or I should say, cardiovascular exercise, was the way to lose weight. A lot of people are using treadmills when I do visit gyms and go to gyms. You see hundreds of people, literally, on treadmills trying to burn that fat off. And the thing is, if you've tried that, you know the truth – is that you still have this, the belly fat. And a lot of people on that treadmill go back and forth, back and forth.

And so, what does exercise work for? And what do I believe? Because, you know, I feel really honored that I've been called “one of America's leading weight loss coaches and fitness coaches” out there, especially for *The Today Show* and a lot of other shows throughout the country. I believe the following, because this is what exercise is good for. It's about health for your heart, about muscular strength and toning, about stress reduction, because it releases serotonin, which is a drug, which allows you to feel emotionally really healthy. So you see nowhere on here one of my bullets that it's a weight loss secret; it's about getting skinny. It isn't.

When I do cardiovascular exercise and I walk, I do it for my heart. When I lift weights now or I do my *8 Minutes in the Morning*, for example, or the *12 Second Sequence*, which is more advanced, I do it to build muscle, because I'm almost 40. And I'll tell you, to stay strong as a man or a woman out there; you've got to keep the muscle pushed. And you've got to fatigue it. And you've got to use the muscle, or as they say, you lose it. And this is all about keeping muscle so you stay young, not so you burn fat.

Now, does muscle burn fat at rest? Yes. Is there an after burn? Absolutely. That's one of the great side effects of exercise, of strength training, I should say. And that's why I've written every book about strength training in my whole career and never an exercise book about cardiovascular. The only trick is, if you have the Belly Fat Cure in place, you have to continue to use it, so after a workout, you have some good lean protein, a shake – maybe a Jay Robb shake or, you know, maybe some cottage cheese or something like that, rather than sitting and being hungry and eating a bag of chips, which is what some people do. And if you're out there, and you've been exercising, you know what I mean. You get home, you're hungry, you have a big bowl of cereal or something like that, or ice cream if it's not Clemmy's, and you wonder why the weight doesn't come off.

So, what I recommend – morning cardio for all you folks out there – it's a great time to do it. Here's why and here's how. Cardiovascular done in the morning is gonna tap into stored body fat more so than any other time. So if you're gonna work your heart, here's what you gotta do. Do it in the morning because you'll get the added benefit of burning more stored body fat. You say, “Jorge, I thought I couldn't lose weight?” Well, not if you build that appetite and then feed it with carbohydrates. If you feed it with lean protein such as our eggs and flax seed or bacon and one piece of toast that you're having anyways, you're gonna be fine. See, that's the beauty of what we're doing here at the Belly Fat Cure. It presets you up to win because you're eating your protein first, then your fat, and last but not least, your carbohydrate. But it's a carbohydrate that has the right amount of sugar and carbs.

So you do it in the morning for 20 minutes is what I would recommend on an empty stomach, whether it's on a treadmill or a walk. You're gonna get great results. So 20 minutes is the goal. If I'm on a treadmill, I put it at a level – maybe 12 incline so it's uphill – and about level 4, I put on the intensity. And I'll do that between 3 ½ intensity and 4 on a treadmill. And if that's up a hill, you just want to have a kind of steady breathing occurring where it's not too easy and it's not too hard. You do it before breakfast so you're not burning the food you've just eaten. You stay hydrated by drinking a lot of water, and you keep the speed at a speed, like I said, where you're at an intensity where you really feel the burn in the sense that you're breathing, but yet, you could still carry a conversation on, not too much of a conversation if you were talking to a friend, but enough to feel it. That's the key.

So morning cardio is good, primarily, why? For the heart. Why do you want a strong heart? Let me do a little sales pitch on that because it's important you know. Your heart is your energy endurance. If you have kids, grandkids, family members, loved ones...and you want to go out there and do things with them...you've got to have a strong heart. Really, if you have a good heart, a strong heart, it gives you the ability to be youthful and vibrant, and be able to do things. That is why you've got to exercise. For any of you people out there, any folks that are scared of doing cardiovascular, you build up to it. But

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walking is the key. Don't do it to lose weight. Do it for your heart. If you do it in the morning, you will burn some trapped body fat that may be on your body, not large amounts. Nothing like the Belly Fat Cure in the sense of the eating, but it will get you the results if you do it in the morning but again, do it any time of the day. It doesn't matter; it's for your heart. That is the primary reason.

Now, I want to tell you about strength training. There are many forms of it. And what I'm gonna throw in as a bonus for you all is some of my exercises from my past programs. So look for that here on the site. But I don't want to go through that right now. But what I do want to mention – *8 Minutes in the Morning* and *12 Second Sequence* are all about adding strength training. And what I do want to walk you through right now is an 8 minute ab sculpting demo that we're gonna cut to – you're gonna see right now on the screen – an exercise that is in your PDF called the 8 Minute Sculptor. And it's a toe reach. You'll see the gal there – one of my clients, Lacey, is laying flat on her back. And you'll see her legs are crossed and her arms crossed and then what she does is crunches up. So you lie on your back, cross your legs, you flex your feet and you extend your legs into the air with your arms extended and your chin up. I want you to exhale as you crunch up, reach towards your toes in a smooth, controlled motion.

What this is gonna do, guys, it's gonna help build your abs. It really is. You squeeze and contract your abs 'til you're at the top of the exercise and then inhale as you lower yourself back down, never losing the tension on your abs and keeping your shoulder blades from touching the ground. That's really, really important. And without resting, you repeat that for a total of 30 seconds, then rest for 30 seconds and move on to the next exercise. So I hope that makes sense. This is called the toe reach. I do this every morning to keep my abs strong. It's a really great form of strength training and I recommend it to you.

Now, look at the next picture here. This is called the reverse crunch. Same kind of thing – you're on a mat or a towel. It doesn't have to be a fancy mat. You're laying flat. You lie on this mat or a towel with your hands on your side, palms down, and then you're going to pull your heels up as close to your butt as possible. Do you see that picture there? See how it moved up? Raise your heels up about two inches off the ground; keep your chin up and your abs tight. Exhale as you pull your knees up by using your lower abdominals in a smooth controlled motion. Squeeze and contract your abs and squeeze and contract it really strong at the top of this exercise and your butt's totally off the ground. Then inhale as you lower yourself back down, never losing the tension on your abs and keeping your shoulder blades from touching the ground. Without resting, you're gonna repeat this for a total of 30 seconds, then rest for 30 seconds and you move on to the next one and the final one.

And this is for the love handles. It's called the Russian twist. So now, on the screen you'll be seeing this exercise. It's a little more advanced. If you can't do it, just focus on the first two. Now, I'll walk you through it. You're gonna sit on a mat or a towel with your knees bent, feet together. You're gonna keep your chin up and your abs tight as you lean back slightly and lift your feet about two inches off the mat, engaging your abdominals. Now, extend your arms over away from your chest with your palms pressed together and turn to one side to begin the exercise. Exhale as you slowly rotate your torso as far as possible to the opposite side in a smooth controlled motion. Squeeze and contract your abs, inhale as you rotate back to the other side, keeping the tension on your abs. Without resting, you repeat this for a total of 30 seconds. When you're done resting for 30 seconds, you can move on to the next exercise.

And the next one would be to repeat the one from the first exercise. And you can go through this up to three times to do three sets. It's that simple, guys. It's a real simple exercise that you can do any time, any place, whether you're at a hotel, whether you're at home. Just learn this routine by going through it. You have a PDF that you can print out and you can use any time, any place. Really simple form of exercise. And as a bonus, what I want to throw in are some of 8 Minute moves and some of our 12 Second moves. So we'll put those on here on the blog for you guys to enjoy because I want you to have those routines. Because they're gonna help keep your body strong and youthful. It really is.

So that's it, guys. That is really the class on exercise. Again to recap, exercise is vital. Why? Because it keeps you young, it keeps you strong, and it keeps you avoiding injury. And that is why you should do it. It builds your endurance, gives you energy. Does it help you lose weight? Well, if you do it in the morning and it's cardio, it'll make a small difference, nothing major. Why should you do it anyway, whether it's in the morning or the afternoon? For the heart. If it's cardiovascular health exercise, cardiovascular exercise. And if it's strength training, you should do it any time of the day if you can and I do it every morning for eight minutes. That's my core default. Or if you're more advanced and only want to do it three times a week, that *12 Second Sequence* routine, it's out there. You can check these books out. They're available anywhere in the world. And you can get them. And they're great tools. Use them for toning and for firming and know that you will have an after burn with strength training, which is great long-term, especially if you are now building an appetite but you are eating the Belly Fat Cure way. What happens? You're not gonna gain any belly fat! You're just gonna gain great muscle, boost that resting metabolism and get results long-term. That's just gonna make you really more attractive, in the sense that your body will be as young and vital as it was when you were in your 20s. So there is nothing better than strength training. I love the cardio too, but remember, for the heart.

So, that's it, guys. I hope this makes sense. I hope this answers a lot of your exercise questions. If I had one book to pick, start with *8 Minutes in the Morning*. If you're more advanced and you're used to exercising, check out my *12 Second Sequence* or the book called *The Body at Home* if you want to do specialized, target exercises. The *8 Minutes*, and then there's one for the butt and thighs and there's one for bellies. You can check those out at Amazon; we've got 'em links here. There's a bunch of 'em out there, so do that and you're gonna get great results.

And incorporate exercise as much as you can into your lifestyle because I firmly believe, just like I do about exercising, that for thousands of years, man ate this way, meaning our species, as a human race, we ate the way we're eating with the Belly Fat Cure. Good proteins and good fats and not eating a lot of sugar or processed carbohydrates and we were healthy but we were also exercising back then, just being active. We weren't going to a gym, you know? Back in the day, ancient man was not going to a gymnasium or going to lift weights and you don't have to. But you do need to stay active. And there's so many things you can do just by walking or using your own body weight, whether it's simple push-ups or like the exercises we just did here for the abs, just stay active! And the best thing you can do, one tip here, is subscribe to *Men's Health* or *Prevention Magazine* – I love both of those magazines – or the magazine I write for if you're a gal out there, *First for Women* magazine. It's a great magazine, but whatever magazine, or whatever books or whatever tools you do, use them. Stay inspired and probably the best thing I can ever say to be a spokesman for exercise, is that it's gonna make you feel good. It just does. It's the best way to overcome emotional eating or any kind of stress you have in your life, any sadness, any loneliness, anything at all. Exercise has been proven, without question, and this is what *Time* magazine talked about, to increase endorphin levels and serotonin levels and make you feel good. It's like a drug. And talk about a positive addiction! Exercise is the best one.

So please exercise. You're ready for it. Most of you right now, you've been on the Belly Fat Cure enough, to have lost a significant amount of, enough weight, that you can incorporate this in. And if you focus in on the exercise, even if it builds that appetite up, and you eat the Belly Fat Cure way, you're not gonna gain the belly fat. So that's the great thing about where you're at right now; you've got that base of strength from in here on what to eat. You eat the way you've been doing, exercise the way I've been talking about, you're gonna now hit a home run that's even crazier in the sense that it's gonna be the best health you have ever now have had. All right? And you're gonna look as young as ever. So, that's it. Let's get going to some cooking here. We're gonna break. I'll be back in just a few minutes, all right guys? Take good care.

All right, everyone, we are ready. And we are back. It is time to do some cooking here. We are gonna be making some sandwiches – my two favorite sandwiches of all time. I've got the pan here and I've got the grill on, or the stove on. And what we are gonna be

doing is a Panini. This is the Crispy Chicken Panini – awesome. The one that’s by Panera is a 29/6 – shocking – 29 grams of sugar, 6 carb servings. Ours is gonna be a 2/3. Now, what am I doing here? I’ve got some turkey bacon here, and I’ve cut it into two strips, so it looks like it’s four but it is not. It’s two strips. So we’re gonna put this right away onto the grill ‘cuz we need some good crispy bacon. And you don’t have to use turkey bacon. I’m just doing it because the recipe calls for it, and I like turkey bacon on occasion. I’m putting it on one side so the other side I can put – because it’s all poultry – my chicken.

So let’s go ahead and get the chicken going as well. This is all poultry. So you’ve got a little chicken here, and this is gonna be our Chicken Panini Sandwich with the turkey. So it really is a poultry kind of sandwich, you know? You could do the bacon now; it’s up to you. Let’s get this going nice and hot. And while that is going, what we’re gonna do over here on this side is we’re gonna get together the bread. And we’re gonna use – my George Foreman’s over here – we’re gonna use that really nicely. Now what we’re gonna do over here on this side – the George Foreman is on – while this is cooking, we are gonna put a little bit of olive oil, extra virgin olive oil, and we are gonna caramelize some onions with garlic to give it really great healthy flavor. So, go ahead and put this right in there and the garlic. Follow the directions for the quantities to taste. The onions have a little bit of sugar and that’s about it. So don’t worry about that; just follow the directions; it’s gonna be fine.

And you can kinda see how this is coming along so quick already. It really is quick and painless and delicious, high protein, great S/C value. This whole thing, remember, is a 3/2. Now the recipe calls for serving four; we’re doing it for one. It’s really, really easy. Now the bread, I want to mention, we are gonna be using on this is my favorite, of course, the Ezekiel bread. We’re using two slices, high in the fiber, high in all the good things and no sugar. So it really is a fantastic option for all of us that need that. You can kinda see the onions there doing quite well and it really is delicious. It really is. We’re using $\frac{3}{4}$ of a clove of garlic are in there, finely chopped, you know? This is $\frac{1}{8}$ cup of thinly sliced onions so, and our olive oil, about $\frac{1}{4}$ of a cup of olive oil. But teaspoons I should say – $\frac{1}{4}$ of a teaspoon – tablespoon, sorry. One fourth of a tablespoon of olive oil is in that. All right, let me go ahead and flip the onions because they are getting ready. And you have to be cautious because it is hot! And the oil will pop and getcha. I love onions; they’re just so tasty and the garlic. It really is a delicious, delicious option.

Now you can get them really dark like this one is here. I don’t like them too dark so I’m gonna turn this off. I like mine a little bit cooked, not super over-cooked. Now let’s go back to our chicken department. Check this out; look at that. Beautiful chicken. Just perfection. Look at that; it is truly just perfect. Mmmm. All right. Now we’re gonna flip the bacon over. Now this turkey bacon doesn’t change much. It doesn’t get all dramatic like bacon does in the traditional sense, where it gets all crispy, super crispy and

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super crunchy. It gets there but it's turkey so it's extra lean. Less fat, so it's gonna be a little less dramatic, all right?

So I'm gonna start assembling this. The chicken is pretty much done, so I'm gonna turn it off. It looks perfect and the bacon. And we are just gonna prepare this very easily – we're gonna put the mayo on the bread, just like so to taste. If you don't like mayo, you don't have to use mayo. But obviously, try the recipe as it is put together. I think you are going to love it. I'm gonna put the provolone on the bottom here. And what I'm gonna do now is bring in our chicken. Mmm. That is absolutely delicious; bringing in our bird. There he is, coming in for a landing. This is the kind of protein that you want to eat. This is delicious, lean, tasty, tasty protein. Now I'm gonna put the bacon in there. I'm gonna leave a couple pieces off, because this is gonna be big, big if I put it all in there. But I'm not gonna hold back on the bacon 'cuz I love the bacon. There we go. All right.

Now we've got our onions; let me bring those guys in. And don't let the garlic get away either. That is gonna give it some nice taste and antioxidants. Get the garlic in there and garlic. That is truly delicious. Don't you be scared of that oil; that is good oil, that extra virgin olive oil. Delicious. All right, now it's time for some grilling magic. We're gonna bring these two together like so, quick, right? And now, this sandwich, you could eat it like this if you're in a hurry, 'cuz it is delicious. We're gonna do the final step of the Panini, which is the George Foreman. Now obviously, if you don't have a George Foreman, you don't have to, but here's what I do. I like to put – and this is a secret – I never knew this back when. You say, “Jorge, you're putting butter on the outside of your sandwich?” Yes, because it's gonna go in the Panini and make it extra indulgent. Put that right on there. And now, we take him into the Panini – ooh – and you press to get those nice grill marks. So I'm gonna press down and hold for about two minutes.

Now I can tell you this: this sandwich is probably the most delicious sandwich there is. I think it's primarily because of the butter on the outside. I think anything that has butter on the outside of the bread is just extra good. It just really, really is. And really, just the protein in itself is so filling. With that butter, there's nothing better. And then, that Ezekiel bread is just fantastic because it's full of the fiber. It's got all the fiber we want, no sugar. You gotta hunt it down. And I'll tell you, when I buy that Ezekiel bread, I usually get it at a store in San Diego called Trader Joe's or Whole Foods sometimes. And sometimes it's in the refrigerated, frozen aisle because it doesn't have any preservatives and because it doesn't, because it's so healthy for us, you want to make sure to get it fresh so that they freeze it. You're gonna have to look for it. Now you can find it at certain online places that sell it as well. But, you know, just look around. Ask. You gotta start doing some internet searching.

Thank god for Google because that is a great tool and a great secret weapon for a lot of us to find things in today's world when we don't know where they are. And the great thing

in today's world for very little money, and if you use Amazon or places like that, they can send you stuff for literally no cost. The shipping is free. I know with Amazon, I get stuff shipped to me all the time for free because I'm part of their Prime club, which is just a great club to be a part of. So look at that, and don't feel like if you're in the middle of a place and they don't have that, then you're hopeless. And if you're outside of the country, and you're in another part of the world, you know, just use the best bread you can. Don't get stuck on the brands, even though I mention brands here. And if you don't have turkey bacon, use bacon. You know, meat is meat. It's not gonna have any sugar in it unless it's been honey roasted or something like that. Chicken is chicken. I don't care if it's a European chicken or an American chicken. And bread – it's just whole grain bread. Try to find the best whole grain bread you can get in your store. And you'll be fine. You'll be at 80 percent, 90 percent, and you'll get the results of the program. You're not going to be getting anything off.

Now this bread and this thing, I think it's perfect. I'm gonna pull her out. So let me get a nice plate to finish it out on. And you'll see how we're gonna finish it is with a little side – while I'm letting that cook just a second more – of cottage cheese. One of my favorite sides, I eat it almost daily, with four of these beautiful little berries. Look at that; that is gonna be a perfect dish. And my sandwich – ah! – this is heaven. I mean, let's see if we can get a shot of it with the cheese in there. I don't know if you guys can see that in there. Let's get this out of the way. But look at that – ah! – when I see cheese melting like that, I get excited because it is absolutely delicious. What this little grill does to a sandwich, it transforms it. It really, really does.

So I'm gonna bring out my delicious sandwich – ooh, it's hot! Oh, I hate to lose some of that cheese. The cheese is just so decadent and delicious – oh! I love that cheese; I don't want to let it go away. But that's it, and then we'll just cut him, cut our sandwich here. Cut him sideways here in a nice little presentation. And I'll tell you, this sandwich, for you cheese lovers and meat lovers and sandwich lovers and Panini lovers, is paradise. It is true heaven. It is truly rich, decadent; it will satisfy every taste bud you have. No taste bud will be left unhappy. Look at that. So there's our shot; get that out here. Take a peek at that; that is perfection, guys. That is really a delicious lunch made in minutes. Minutes and from scratch.

Now remember, I always try to throw tips in here. This chicken – you could use a chicken that is precooked and ready to go. They make 'em, you know, in the back. So you can do a lot of premade stuff. You know, bacon is even premade sometimes and that I find kind of crazy. but you know, there's all sorts of shortcuts. We do a blend of shortcuts with homemade stuff whenever possible just so long as it stays easy is my whole thing. Because if it gets complicated, I won't do it, and I'm sure you're the same way.

So, all right. We are now done with this. We are now gonna move on to the next sandwich, which is delicious. It is one of my favorite sandwiches. It is – you’ll see it on the screen here – the Distinctive Club Sandwich. It really is a fantastic option because it really makes eating healthy decadent because of all the bread. Now, I’ll tell you, there is a secret weapon to this bread. So the secret to this next sandwich, because we’re gonna be using three slices of bread, which I rarely recommend. But I’m gonna show you the secret to it all. It’s this Oroweat Light. I feel like a commercial here but I don’t work for them. I can tell you that much. But I love this bread. It is rare; it is hard to find but it is a magic bread. And if you can find it, good for you. And if you can’t, take a look at the S/C value because this one is perfect. This whole sandwich is a 5/2. this bread, if you want to see the ingredients, for all of you out there that are searching for this bread, you can kind of see the label there. It has, of course, just 3 sugars, right? But it has, and this is per two slices, right? And then, 18 grams of carbohydrates for two slices. So it’s got 1 ½ grams of sugar per slice and half of 18 is nine, right, of carbohydrates. So it is perfect for this sandwich here. And if you’re in your neck of the woods, try to find this bread but it’s hard, it is hard, and if you can’t, then modify it and make it with just two slices of bread, all right? You don’t have to be exactly the same. Be flexible but if you could find this bread, search it out for this sandwich, all right? Enough about the bread. Let’s get going here.

All right, so let’s get started with this bread. I’m gonna bring out the ingredients I have. This is turkey and bacon. So here are my primary elements of this meal. Now I’ve got this stove on medium heat. Now this is real bacon so you can do either/or – real or turkey – but we are gonna go back to the real bacon because I just love it. and these are cut in half so it looks like there’s more than there should be. But it’s perfect and I just...bacon is just bacon. I mean, even the turkey bacon’s good. But this definitely – you’ll see when it’s done here what it has – it has a little extra sizzle and I don’t mean that in a joking way. It really does, you know? I’m gonna wash my hands real quick on the side here.

And so, while that is now cooking, we are gonna get ready for this bread. Now, I’ve pretoasted these three pieces of Oroweat bread that we’ve already talked about. So I’m gonna lay ‘em out and start preparing them. Now, this one will be the base, and this will be the top, and this will be the middle. So on this one, let me get all my ingredients so you can kinda see what we’ve got going on here – oops – we’ve got mayo, we got the lettuce and the tomato, and we’ve got all our spices, you know? Very simple. A little simple sandwich here. So I’m gonna put the mayo in, put it on the bottom. And I don’t want you to be scared of the fat and the mayo. So many of us have been told to be scared of the mayo. You don’t want to be scared of the mayo. There’s no need to. There’s no sugar in most mayo and just keep an eye on it. but it’s fat, obviously, and it’s just gonna give great flavor to your sandwich.

All right, so the bottom layer's gonna have the turkey – and we've got our turkey here – it's gonna have the bacon, and then the top layer's gonna have the lettuce and the tomato. With a little seasoning; I'm gonna do that. Delicious stuff. Check your PDF for all your volumes and details. And again, we are doing one. The S/C value's a 5/2 on this whole meal versus the 17/6 from Denny's, which is shocking that they can do that over there, but they do. Hmmm. The bacon's coming along; I'm gonna definitely let it go a little longer. That is some delicious bacon. If you could only smell the bacon 'cuz I'm sure you all have. It is perfection; it really, really, really is. And the great thing about these sandwiches that we're making is – these whole wheat, these two sandwiches – they're the greatest meals because you can cut them into four parts and make them into snacks, you know? Because snacks are important. Sandwiches are quick meals, it's convenience, it's on-the-go food and it's never feeling hungry.

If you eat the way we always talk about and you're doing your protein first, you know, and then your good fats, you're gonna be fine, you know? So, I want you to have options. Every week, that's my goal for you. More options, more enlightenment, more repetition, and they say repetition is the mother of skill, and it is. The more you hear something, the more you're gonna know it. It's gonna be like a theme song in your head. And you're gonna just live it; it's gonna be part of your life and that is our goal here, to make the Belly Fat Cure program a part of what you are doing every single day so you can get the results you want long term. This is not a short-term, one week program. This is a long-term, lifestyle program that's gonna give you the results. Mmm, that smells so good, that bacon. I can't tell you how good it is. And you see it has a lot of fat in it. But, you know, I'm not worried about that.

I think it's ready to go on, so let's get him off. I can no longer wait because it's so delicious. So I'm gonna take my bacon and put him over here with the turkey on this bottom layer. Shake off the oil unless you really like it; you can leave it on. A little shake. This is just gonna be so delicious. Look how crispy that is. It really just makes your mouth water. We put this in the middle and then we take this and flip it like that. So now we've got ourselves a beautiful sandwich. Do you guys see that there? All right, and before I cut it, I'm gonna stake it down. So I'm gonna put these four stakes into the corners so it doesn't move. It helps it cut – but it also just gives us something great at the end here to be able to have already in place – all right, so then just cut it. I'm gonna cut it down the middle. You can cut it any way you want, pyramids or squares, it doesn't really matter. And this is a thick meal, so give it a good cut. And hot and steamy. Nothing like a hot sandwich. Try to toast your bread so it doesn't take too much time for the rest to cook. Our bread is still warm here and the meat will warm it all up. And look at that.

Let me get a good plate out. Through the magic of good cooking, look at how delicious that is. This is just absolutely perfect. Mmm. That is a substantial meal. And then we're gonna finish it off with my favorite of all – kids and adult friendly – Pirate's Booty. Love

the Aged White Cheddar, no sugar in that. And voila! Let me get a good shot of that, a “beauty shot,” as they say. But it is a perfect club sandwich, truly distinctive and truly a 5/2. And again, the magic is that Oroweat Light bread. And it truly has only 9 carb grams per bread. So that is the second sandwich, guys. And I think this sandwich idea is so simple and so powerful, I really survive off the sandwiches at lunch almost every single day, that and wraps. And I keep it simple and, you know, for me, I like Pirate’s Booty or the cottage cheese...so many ideas here. Let me do some cleaning up here. And we’re gonna get to your questions, all right, guys? So that is it. I will see you in just a few minutes, and we’ll be right back.

All right, we’re back. It’s time for your questions. I love this part of the meeting, because I’ll tell ya, it’s really about answering your questions. And in this live format, really, I can address things that are on your mind, the freshest material I can share with you. And really, it’s about answering your questions, and I love it. you know, I wake up early on Mondays to check out the questions that have been submitted and look at them and think about the best way to answer them for you so we get results for you. Because that’s all this program’s about is about giving you higher levels of health, not just in appearance, but in energy and on the inside. And I want you to have the full package, as you know.

So I’ve got a question, since this whole meeting is about exercise and movement and all that, that really reminds me of this. And hopefully you all saw this; this is the August 17th issue of Time Magazine. I’m sure you’ve all seen this. This was a breakthrough cover article – there it is – move forward a little bit, there you go, that says “the myth about exercise.” And I highly recommend you read this. There’s a link; you can just Google it too. “*Time Magazine* cover story”, and it has the gal and you see the cupcake that she’s looking at. It’s kinda funny, and you think well what does that mean? I can eat cupcakes if I work out? Well, what the research has shown that, and it says here, “of course, exercise is good for you, but it won’t make you lose weight.” I’ve been saying this now for the last year and a half, ever since I met with a man named Gary Talbt, who wrote a great book called *Good Calories, Bad Calories*, which gave me the initial science behind our Belly Fat Cure program, a great friend of mine.

And then I got a chance to meet with Dr. Andrew Weil who endorsed his program back in the day with Larry King, saying that truly that the essential thing for weight loss was being not focused more on calorie counting or exercising – which is the whole “eat less and exercise more” – but the idea of what kind of calories we consume. So the truth is, is what this article basically says, and what most people think exercise does, is that if you exercise, you’re gonna lose weight. And I used to say that as well to a certain degree, I really did, you know, 10 years ago, when I did my very first book. And what science is now literally just cut through and broken through is that, if you exercise, you’re gonna be hungry. It’s not a shock, you know. And back in the 50s and 60s, doctors used to

prescribe to women who were underweight – because there were a lot of underweight people not that long ago – that if you wanted to build up a good appetite, you should go work out. You should go walk, go on a walk because it'll build the appetite up. And so what it does is, it makes you hungry.

Now, here's the thing. If you know what to eat, and you focus in on your good proteins like your cheeses rather than your milks or things like that or, you know, your good lean proteins in things like cottage cheese or even just eating chicken or fish, the good proteins, and some good fats, and you make that your core after you work out, then you will use exercise to help you lose weight. But most of us, when we think of that, we think of the cupcake, you know? And we eat the carbs and you don't want to do that. And you don't want to eat the Gatorade – or drink the Gatorade – you don't want to fill up on sugar.

And so, I have your questions here in front of me, and I think the first exercise – or, the first question – is wonderful because it really addresses this idea of what is the purpose of exercising if it's not to lose weight? Well, exercise was never designed to make you lose weight. When we were meant to move, it was meant to provide a purpose. It was meant to, originally transportation, and then the other thing it did was it kept our muscles strong just by walking, right? And so, the real purpose of exercise is to tone and strengthen muscles on our body. Now, if you do walking, that strengthens the cardiovascular system and that keeps the heart muscles strong, which is vital. And if you do strength training, it keeps the muscles throughout your body strong, the musculature, so you look young.

So I've got a question, which I think is an A+ question from Linda in Denver. And she says she's starting to feel flabby skin because she's getting results. She's losing inches and inches and she says, "what do I do about my flabby skin?" so Linda, if you're watching, hi. And Linda, what I want to tell you (and she submitted this today, so it's great; it's really fresh), she says that this elasticity is her goal and is there anything we can do? Well, that Linda, and that is a perfect way to bring this in, it is why we should strength train. Vital. And lean muscle is what gives your body the appearance of a youthful body, a body that is not saggy and falling apart. Because there's nothing worse than being skinny and flabby because then you just look like this droopy thing, you know? And you want to be – you don't want anything droopy – you want it to stay firm and solid and you want to be trim and slim but you don't want to be this droopy kind of person with all these muscles falling down.

So, what do you do? Well, any kind of strength training will do. And strength training doesn't mean going to a gym. All it means is resistance on your muscle. Now, one of the questions in here is, "well, how long should we exercise for each day?" who had that question? It was a good one. It was a gal – oh, it was Emily. Emily asks, she says, "how many minutes a day would you recommend that we exercise?" well Emily and Linda,

and anyone who's thinking about exercise, it's not about how much time. It really isn't. the outcome is not how much time do you spend on exercise, and I want you to get this, ladies and gentlemen. Listen to me on this. The outcome should not be how much time or where you go. It doesn't matter if it's a 20 minute workout or an eight minute workout or an hour workout. And it doesn't matter if it's done in a hotel, a room, your home, or a gym, so the outcome is not about location or length. The outcome is one thing – to fatigue the lean muscles on your body. That's when you can go home, or that's when the workout is complete. Now you say, "Jorge, what do you mean it's not about how much time? It's not about where I go? I don't have to go to a gym?" you don't. the number one thing to building lean muscle, so you keep your arms not flabby, but rather firm and you have a firm abdominal and a firm upper body, lower body, butt, thighs, everything, is to fatigue the muscle. That's it.

Now there are many ways to achieve that goal. Some people like a lot of reps; some people like low reps. That's what I prefer to do because you get to your goal faster and you can compress time. And I will share with you – I have here on my table – my two babies that I have done. This is my one that's 10 years old; this is my 10 year old "child" here, the *8 Minutes in the Morning* book. This one is about 8 minute exercises that strength tone the body, you know? And this book is in 15 languages; I'm very proud of it. I wrote it when I was in my 20s still so it's old, but the principles are solid. You can see me here doing something for the hamstrings and the butt, right? You can see this one for, specifically, the quadriceps, you know, the squat. And these are little exercises. You do this for one minute, then you do this one, then you go back and forth 'til you've done 'em for eight minutes. Very simple exercises that can be done at home! Very, very simple exercises.

So, for example, Linda, you want to tone your arms, right? And I'm gonna give you a workout, all right? And you guys watch this. It's a very simple one for the arms and you can do this any time, any place, and it's gonna keep your bat wings, is what my clients usually call them (I don't know if you want to call them that) strong, but check this out. This is on page 147 of the book so you're getting a little bonus material, 8 minute workout. Check this out over on this page here. This is called the Standing Kickback, right? And you use these dumbbells, and you stand like this and you kick it back. That tones the back part of the arms. And you do about 10 or 12 of these and it should take you about a minute. and you want to pick a weight and a dumbbell that causes a fatigue in the body by the tenth or twelfth rep. if you can do more than, say, 12, then the weight is too light. And if you can't do 10 or 12, then the weight is too heavy. I hope that makes sense.

You do the exercise, and then once you're done with this, Standing Kickback, then you would sit in this chair down here – right here, you can see me here – and then you would do a bicep curl. Same idea, you do one arm at a time on this one. You could do two at a

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time but follow the instructions and you would do enough and you would pick a dumbbell that would cause a fatigue by the tenth or twelfth repetition. And then, if you can't hit that number, it's too heavy. And if you could continue, then the weight is too light. So simple exercises; I hope this helps you, Linda. And I hope it also addresses the question of how much workout. If it's done intelligently, with the right amount of intensity, you can be done – I'm gonna go ahead and close this book now – you can be done in eight minutes. Very efficient; very popular. So this book is only a few dollars. You can get it at Amazon. I think it's even on the Kindle, all right, nowadays? Very, very simple book.

Now, I have more advanced stuff. I will show you this but I'm not gonna tell you about it because this one is more advanced. This is for people who are not overweight at all and have been athletes and are wanting to be in the top shape and are wanting cut abdominals and want to look absolutely sculpted. This is my most intense routine. This one just came out last year and it's using a very cutting-edge slow-burn technique, which most clients can't do. It's very intense. It burns like you-know-what and it's made for men and women. There's two books in one. You can get this in any book store, but I'm not gonna get into it. Most of you have to worry about losing weight first and then this is only if you've gotten to your weight loss goal and want to burn – not burn – but want to sculpt, truly sculpt your body to its best, most athletic looking body. That's what this book's about. So, I won't get into it, but it's out there and you can get it. and if you're that advanced, good for you.

All right. So, great question. Now, I've got another question, I just want to follow up here. This is from a gentleman in Santa Barbara, one of our clients, John. And John, if you're out there, hello. How are you, John? Hopefully, you're doing well. It sounds like you're doing really well. And he's a long distance bicyclist, John is. He rides, on occasion, six to seven hour bike rides, which is phenomenal. And he wants to know about energy sources because, as you guys all know, most endurance athletes out there are drinking Gatorade or these little gels that are in these little squirt packets and they pump in all their sugar and carbs. Now, he says, "do we need to modify the 15/6 on these kind of days or these kind of events" when he's doing ultra long distance.

Now, I personally, I do this program for so many reasons. When I really think about why I follow 15/6, and why I love the Belly Fat Cure, I mean, the obvious is, of course, I feel good, I look good. But, you know, when I was 18 – 16, 18 – my father was diagnosed with prostate cancer. For me, it's the health benefits more than the weight loss or all the appearance of not aging and all that, that the 15/6 does. Because for me, any time I see sugar and I go more than 15 grams in a day, not only do I actually physically get sick, my throat hurts sometimes, but I immediately visualize my immune system being destroyed. I just do. And I need it. I need my immune system to hang out with my boys who are, you know, six and four. They're in kindergarten and preschool. Or to be active and to be able to do what I do, my mission to help others. And if I'm sick, you know, blowing my

nose all the time because I'm broken down, it doesn't help me. so when I think of that sugar, even if I were running a marathon, John, I wouldn't do it. I just wouldn't do it. it's not meant to be. And I'll tell you this, John, to put things in perspective, as a race, as the species being human, we have been doing long distance events for centuries and millennia, really, for thousands and thousands of years. Because it's only in the last 100 years that we've – not even that – that we've had cars. So before then, we had horses, yeah, but mainly we walked! And so, and we walked for miles, you know?

I mean, in California where we're at, there's these missions that people would walk in one day's walks. Can you imagine doing the whole full day's walk to get to the next mission when people went throughout California, from southern California to northern California. So, we were very active. And I'll share with you, the person that really put this all in perspective to me was my friend, Dr. Oz. you all know Dr. Oz – I've got a picture of him here. I'm gonna bring this up in a minute for all those moms out there that want to have beautiful abdominals. But my buddy, Dr. Oz, and you all know Dr. Oz from The Dr. Oz Show, but I'll tell you, he shared with me something when I was doing an interview with him about what the ancient Aztecs used to do. And we're talking thousands of years ago. And there's no Gatorade back there, John, right? No Gatorade and none of these little packets. And you would think, "well then how did we as a species even get around the planet, you know? It's impossible. We didn't move." Well, we did move and we were very active and it was not just for sport. It was for livelihood. So the stakes were much higher back then, John. It wasn't about winning a race or getting a trophy or getting acknowledged. It was – did my family and did I exist and did I continue to survive in the world, you know? And you had to have energy.

And so, what Dr. Oz recommended was chia seeds. Seeds. S-e-e-d. Seeds, you know? But specifically, chia – c-h-i-a – seeds. And these are the types of seeds that you would think are the kind that you see on TV that they put on those pots that grow hair and all that. And they grow these sprouts; those are them. But you can buy them at any health food store. And he said for thousands of years, the ancient Aztecs would have a little pouch they would carry with them – a little Ziploc bag, I guess, nowadays – with these seeds and they would chew on them to give them energy. Because it had good fats and whole, long-term burning carbohydrates. And that is the key to endurance energy, really, is tapping into fat, more than carbohydrate. And then if you're gonna tap into carbohydrate, the good carbs. And I promise you that if you do that, or you could eat almonds or walnuts or different types of nuts, you are gonna see some extraordinary, extraordinary results.

So, I hope that helps, John. I hope that helps anyone out there that's that active. But good for you, John, because not everyone here is active, believe me. I don't even do that, you know? I don't run marathons, but I hope that helps and I will end with this because so many of you are moms. Some of you are moms now that their kids are grown up, and

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some of you are new moms. And I'll tell you, I had the honor – I hope you all know on our blog; this is our member blog, I put the clip up here – to interview Dr. Oz, literally, just this last month. and it was in his new studio in New York City. And he has a new book all about pregnancy for moms and women. Now, does that mean if you're not a new mom but a mom whose kids are in their 20s or 30s, that this is not for you?

Well, what I got Dr. Oz to do and you can see a picture of us here laying down is he actually shows me an exercise which is a crossover. And no one explains it better than Dr. Oz about how to re-strengthen the fibers in your abdominals, ladies, that get stretched out from childbirth, or from just having a baby in there, if you know what I mean. Not from actually birthing but from just carrying a baby. And those muscles get damaged and they never get put back into place, if you will. And I had a lot of questions from a lot of gals out there asking about, you know, I've had this and that and C-sections. And how do I re-strengthen my whole abdominal area? And I'll tell you, watch this video. And if you don't know where it is, I'm logged in here, just go to the member blog, right? And then just click on it and scroll down just a bit. I didn't put this up too long ago. And you'll see Dr. Oz and I sitting there – it says “new interview for moms,” all right? So, that's what I want you to see, because that interview is really, really important. It starts off where we're chit-chatting but it gets to the point really quick where we're actually working out. And we do it right there in the studio. He has me do it and then he does it. it's phenomenal so, Dr. Oz, thank you for doing that because a lot of ladies need this. And it doesn't matter if your kids are brand new or they're gone. This will help strengthen your abdominals and I can't recommend it enough.

So, let's do that and then I know there was a video you guys got with this week. I want you to try that video – this video of me doing a little workout on a couch – real simple stuff. And the bottom line is just know that exercise is here to strength muscles, both the ones on the outside and the ones on the inside, meaning the heart. That's why you gotta do it and you gotta do it for life. And as soon as you can, and if you've not been exercising, you are cheating yourself out of that, and I would get to it soon if you feel you're up to it. but with the purpose and new purpose to feel good, to tone and strengthen and to increase endorphin levels, which increases serotonin levels and, literally, is like a feel-good drug. It's the ideal thing to do, especially if you're a recuperating emotional eater and you want something new to do, there's nothing better than exercise. And there are things you can do in your house, even if it's snowing right now. It doesn't matter.

So, I hope this helps, guys. What a great, great meeting. I am thrilled. I want to wish you all a very, very happy holiday and a merry Christmas. Have a great, great time with your families and loved ones and remember that this is the time of year that is all about new beginnings and being grateful, not being stressed. If you connect to being grateful, you're not gonna be stressed and grateful for what you have, not what you don't have.

Focus in on a glass being half full, not half empty, because right now we all focus in on, unintentionally, why is my glass not tall enough and big enough? And why haven't I lost enough weight? It's time to be grateful for what you have, including your health, and right now you have a system, a support system, you all know that, with me and everyone here at the site, and Kim and our whole team is here for you.

Be patient with yourself and don't be hard on yourself, ladies. Because you're the hardest ones on yourself – I haven't lost enough weight and I've lost inches. Well, the glass is full, ladies, half full, you've lost inches. That's a good thing. And because your body is maybe not responding as quick as you'd like it to be because you're a little older, be patient. Remember this is a health program more than it is a weight loss program. It's about health and common sense and connecting and learning and having an Aha! moment, a moment where you realize your health is everything and that counting calories does not work. It's knowing that the sugar and those carbohydrates are destroying your health so connect to that. Connect to that, and be grateful for what you have and I'll tell you, you're gonna have a wonderful holiday season if you do that. But you've got to do that and promise me you will. Have a wonderful, wonderful week. We'll have class next Monday; I'll see you then. I'll have something up right away so you can put your questions up for next week immediately because I don't want to miss you next week or this week. And you might forget to submit questions to me for next week's class and it's an important one. We're wrapping up the whole course here very soon and I want to get them. And I know a lot of you aren't going to be near your computers because you're gonna be with family and friends. And if you see today's class, I want you to answer something for next week a little ahead of time, all right?

And I'll see you soon enough, all right? Have a wonderful holiday, a wonderful Christmas and I'll see you next Monday. All right? Take care.