

TOP 10

TRAVEL SECRETS

TO LOSE FAT

ON THE ROAD

GET LEAN AND STAY LEAN WHILE TRAVELING

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Craig Ballantyne, CSCS, MS

Cool Travel Stories Inside!

How to Get Lean and Stay Lean While Traveling

Welcome from Craig Ballantyne & Turbulence Training...

Hi! I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

One of the most common questions that I receive is, "***How do I stick to my diet and exercise program when traveling?***"

Being as I travel as frequently as many Turbulence Training readers (often on the road 8-10 days per month), I decided I would record my every meal, workout, and activity during an extended and interesting trip I recently had throughout America and Europe.

What you're about to discover is how to stay lean while traveling, even if you are in a foreign land without access to your regular meals and training equipment.

You'll also discover that I'm not perfect. Not even close.

But when I make mistakes, it is almost always due to my ***lack of preparation***. I could always do much better if I had simply put more time and planning into my travels. Fortunately, I'll show you how to reduce and even completely eliminate the damage from restaurant meals and under-equipped hotel gyms that you face while traveling.

In the end, ***you'll walk away with 10 secrets to getting lean and staying lean while traveling***...plus I think you'll enjoy the photos and stories from my adventures.

And stay tuned for my future reports as I continue to travel around the globe teaching fitness and living lean.

To your success – no matter where you travel in the world.

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, Turbulence Training

PS – Don't forget my other sites here...

www.TransformationContest.com – Win up to \$1000 just for losing belly fat!

www.TTFatLoss.com – The Turbulence Training for Fat Loss blog loaded with advanced training information to help men and women gain muscle and lose fat fast.

www.TTMembers.com – The Turbulence Training Membership site featuring the fat loss forum, exercise video clips, and access to every Turbulence Training workout.

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Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to resistance training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training or Interval Training, please follow your Doctor's orders.

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How to Get Lean and Stay Lean While Traveling

10 Secrets of Getting Lean & Staying Lean While Traveling

1) Travel with a Personal Philosophy of Being Lean

Listen, here's the truth. When you travel the world, you're going to be up against all sorts of obstacles and the entire world is conspiring against you. From airport food to lousy hotel gyms, burning fat and keeping the weight off will not be easy.

But before we even worry about what food to pack or workouts to bring, we need to get your personal philosophy sorted out.

You must have a set of behavioral rules and a personal philosophy in place that will guide your every decision. Only then will you have the strength to make the right choices. On the other hand, if you leave home with a laissez-faire attitude thinking, "Oh, I'll do my best", you are going to break down the second you past the first Cinnabon restaurant in the airport.

Now, I'm sure you've never been told by a fitness expert to have a "guiding personal philosophy" before, so let me help you with yours. First, let me give you a related example. Let's look at vegetarians. They clearly have the guiding personal philosophy of, "I don't eat meat." Or look at a recovering alcoholic. They have the guiding philosophy of, "I do not drink alcohol." Those are rules that they live by that are non-negotiable.

And so for your personal travel philosophy, I recommend something like this:

"I am the type of person who sticks to their eating plan and does not give in to peer pressure. I am also the type of person who arranges my travel schedule to fit in my workouts and I'm prepared to exercise in any situation, even if it means exercising in my hotel room in my underwear."

And later on, I'll show you how this exact personal philosophy helped one of my friends in that exact situation...

2) Planning, Packing, & Preparation

Whether you struggle or succeed on the road almost always comes down to your planning and preparation – just as your at-home fat loss relies on the same two elements.

I tell all of my clients that when they are home they must spend 1-2 hours on the weekend planning, shopping, and preparing their meals for the week ahead. And the preparation for your travels is no different.

You must have your nutrition planned out and your workouts prepared and scheduled into your daily planner. That is how it works at home and when you're 10,000 miles away in a foreign land.

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So in preparation for my trips, I always make sure to pack the following:

- Gym wear
- Gym shoes
- 1 apple for each day that I'm gone
- 2-3 oz of raw almonds for each day that I'm gone

(NOTE: I have never, ever had a problem taking fruit and nuts on a plane or through security, and sometimes I've traveled with a week's worth of fruit and nuts. That said, I'm not sure if I'm breaking any laws at customs by bringing in fruit.)

I also make sure that I do as many of my full workouts in advance of traveling as possible. For example, I often travel to the USA from Toronto on a Thursday and return on Sunday evening. That means that I train Sunday, Monday, Wednesday, and hopefully Thursday before my flight. That allows me to return and pick up my normal schedule on Monday. While I'm gone, I'll stay active but I don't need to do a hard workout.

But we'll get to specific workout tips later. Right now we need to discuss your nutrition, because ***diet is more important than exercise when it comes to losing fat*** – on the road and at home.

In addition to packing snacks for the airport, airplane, and meetings, I am now making the grocery store my first stop before going to my hotel from the airport. I'd much rather have an organic peanut butter sandwich on 7-grain bread plus a banana and an apple in my hotel room than spend \$32 on room service for an omelet that is soaked in oil.

So be prepared. Plan your meals as much as possible. And always know what you are getting into. That said, you'll see I made a few preparation mistakes during my travels, and I'm writing this article after the fact, now knowing what I'll do better in the future.

3) Stick to Your Routine Eating

The best way to lose fat with the least stress is to follow a simple nutrition plan of whole, natural foods. I'm about to give you a daily plan for making the right choices at each meal without causing you to appear "weird" at work and social setting while traveling.

However, the plan requires that you stick to your personal philosophy as outlined in our very first travel secret above. If your trip is short, I recommend being even stricter with your diet before and after the trip in case you reward yourself while traveling.

Another key is to avoid making diet mistakes when there is no social reward. By this I mean there is no point in eating garbage airline junk food when you can easily prepare a healthy option instead. Save your rewards/cheats for social settings, such as business dinners (although you'll discover the "perfect" business dinner strategy in an upcoming secret as well).

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Now let's take a look at the best diet routine while traveling.

Breakfast

The great news about breakfast is that you can either eat in your hotel room without social pressure, or you can eat a very healthy breakfast in the company of others without “discrimination”. Rarely does anyone put peer pressure on you at breakfast.

If you are eating at the hotel restaurant or via room service, stick to a meal that contains fiber and protein, such as fruit and scrambled eggs or an omelet with spinach and mushrooms (hold the cheese or use only a small amount and ask them to take it easy on the cooking oil). Research shows that eating eggs and having a high-fiber breakfast helps you control your appetite at lunch.

You should also have water and coffee or green tea, but avoid adding hundreds of calories from cream and sugar to your coffee.

By starting your day right, you'll ensure that lunch is also on the right track and you'll want to keep the momentum going by making the right choices.

If you're not much of a breakfast eater, that's fine too. You do not need to force yourself to have a big breakfast. You can stick with smaller servings of high-protein foods and fruit, or simply start your day with the mid-morning snack I'll discuss next.

Alternatively, a safe, yet less “tasty” breakfast option is to start the day with a protein shake, an apple, and an ounce of raw almonds. This will achieve the same goals as the eggs and fruit.

Finally, when traveling, I recommend completing your workout first thing in the morning so it does not get removed from your schedule as the day gets busy with activities. If you workout in the morning, you may want to include additional calories at breakfast in the form of oatmeal or whole-grain bread.

Mid-Morning Snack & Beverages

If you're traveling for a seminar or business meeting, chances are that a mid-morning coffee break will be served. At this time, you'll want to stick with no-calorie beverages such as coffee, green tea, regular tea, or water. Diet soda is acceptable, but if you can avoid it, do so. To be honest, I'm not convinced that diet soda is going to kill you, but it is certainly not the best stuff you can put in your body. As for coffee, I don't think it is going to kill you either, but the more you drink, the greater your risk of suffering from side effects such as insomnia, anxiety, irritability, etc.

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If pastries, donuts, chocolate, and other processed foods are brought in, clearly you need to be prepared to avoid these. Again, at this time of day, the peer pressure from others will be lower than at dinner, but you'll still need to deal with some.

Be prepared by saying, "Oh, I brought this apple from the breakfast buffet, I'm going to have it instead." If people start to bug you, excuse yourself to "make a phone call in the hallway" and go out there to eat your apple and avoid the negativity.

You can also have raw nuts and other fruit at this time – as fruit is often provided at this time as well. If your mid-morning snack is under your control, order more healthy options than junk, so that you can have what you want.

Lunch

Our lunch plan is to stick as closely to our breakfast rules as possible. Protein plus fiber, with the fiber coming in the form of fruits and vegetables, is what we want.

If you are ordering in, choose a protein source plus vegetables option, with sauces and dressings on the side. Choose a large salad with chicken or steak. Eating this way not only helps you control your calorie intake but it also helps you avoid the dreaded post-lunch sleepiness that plagues those who eat high-calorie, processed meals.

Avoid excessive amounts of refined breads and beverages that contain calories. Choose sparkling water instead of regular soda, for example. And always remember that even if you can't make the best choices, you can always control the portion size. If you are given a burger or pizza, you don't have to eat the entire thing. Portion control can turn even the worst meal into an okay choice.

When you start reviewing my 2-week travel journey, you'll see that I end up in several "sticky situations" with nutrition choices, and I save myself by controlling the portion sizes. And finally, one last tip. If you go out to a restaurant, always remember that you can place a custom order if you don't see something on the menu that suits your diet plan. Just ask. It's their job to serve you.

Mid-Afternoon Snack

If possible, repeat the morning snack of raw nuts and fruit along with water and/or green tea. Keep the cookies, cake, chocolate bars, and sugary snacks out of vision, away from arm's reach, and if possible, out of the building.

Research shows that the more effort you have to make to access junk food, the less of it you will eat. So don't let the catering staff bring in cookies with the afternoon coffee break. Don't have your afternoon meetings in coffee shop loaded with delicious European pastries. If you avoid putting yourself in tempting locations, you'll avoid a lot of temptations.

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And if your afternoon meetings happen to involve an invitation to alcohol, then be prepared with an acceptable excuse to decline the invitation, such as, “No, thank you, I’m driving”, or “Not yet, I still need a clear head to make some important decisions”, or even, “Not tonight dear, I have a headache”, etc. Surely you can come up with something that will satisfy the person who invited you while maintaining your professional image.

That said, if you simply cannot excuse yourself from a drink, and I completely understand that these situations will occur (as you’ll see from my travel report later), then make the right decision using this guide.

Choose beer, wine, or a mixed drink using calorie-free mixes. Appropriate drinks include a vodka and tonic, or scotch and soda (of course, who adds ruins a good scotch with soda, right?). Drinks to avoid include anything with added juice, soda, or crazy beach-drink concoctions that have no place in a business meeting.

Finally, use the power of portion control again at this time. One drink is fine. Take it slow. Make it last. Order a glass of water at the same time and sip it rather than the drink.

Dinner

Ah yes, the dinner...this is where it often all goes downhill. Well, fear not. I have a solution for you...

4) The Ultimate Business Dinner Strategy

Okay, you know the situation...after an all-day meeting or seminar or even a day of negotiations, everyone puts aside the stress and heads out to a nice restaurant for dinner. Of course, the burly guy of the group suggests Morton’s or Ruth’s Chris Steakhouse, and the next thing you know you’re on a collision course with a 3000 calorie meal.

Fortunately, there is a detour on the road. Follow me.

You’ll start by ordering sparkling or still water. Sparkling works well because it replaces the carbonation of soda or beer. Yes, you can still have alcohol, but I recommend you stick to one drink. Each drink costs you about 150 calories (provided you don’t add soda or juices to regular mixed drinks). So take that into account towards your daily totals.

Next we need to deal with your appetizer. Traditional appetizers are quite possibly the worst thing on the menu. Often fried, full of cheese, and too dang tasty to even bother think about controlling portion sizes, appetizers serve no nutritional or functional benefit. After all, if you eat 800 calories of fried calamari, that’s not going to stop you from eating your 1000 calorie steak and baked potato meal, is it? Of course not.

So skip the appetizers. Instead, order a large garden salad. Ask for dressing on the side and use it conservatively. Almost every restaurant will customize a salad for you. It’s not rocket science. The more vegetables and fiber you can get, the better.

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For your entrée, order a small steak or whatever type of meat you desire. If you order salmon, remember that most salmon served in restaurants is farmed, and that often means low quality. Look for grass-fed beef, organic free-range chicken, and wild Atlantic salmon. These dishes are becoming more popular. And of course, never forget our good friend, portion control.

Next, you have a choice between bread and potatoes. Remember, I'm giving you advice for fat loss. If you want to enjoy this type of dinner with the least damage, minimize the massive amounts of "filler calories" you can get from these carbohydrates. Ask for a side of steamed broccoli or asparagus instead and ask the waiter not to bring you bread in the first place. I know as well as you do how hard it is to avoid sticking your hand in the bread basket when you are hungry and waiting for your entrée to arrive.

Can you eat dessert? Of course you can, just accept the consequences that come with it.

And finally, back to that drink we mentioned earlier...it's up to you how you want to use the 150 calories...if you want a drink, fine, go ahead. But if that puts you over your daily calorie limits, then you'll need to cut out all bread (not even one piece for you!), or order a smaller steak.

Bottom line: No food is entirely off-limits, but you simply must understand that your actions have consequences. If you eat more calories than you burn, you'll gain fat. Fortunately, I think I've shown you how to enjoy a business dinner without guilt.

5) Consider Eat-Stop-Eat

If you've never heard of this approach, what I'm about to tell you might sound a little strange, but trust me, it is one of the most popular diet programs used by winners of my Turbulence Training Transformation Contests. Brad's Eat Stop Eat program involves "intermittent fasting", literally going without food for longer than most people expect.

It's completely contrarian to every other diet expert out there, but it works and hundreds of Turbulence Training clients use it and find his approach *easy* and effective. Plus, it is the perfect plan for traveling. In fact, research even shows that the Eat-Stop-Eat method helps you avoid jet lag. Check out this quote from a Reuters news article:

"A period of fasting with no food at all for about 16 hours is enough to engage this new clock," said Dr. Clifford Saper of Harvard Medical School, whose study appears in the journal Science.

So not only will Brad's program help you lose fat, but it also helps you avoid jet lag. And it is the perfect plan for avoiding dreadful airport and airplane food on your travels.

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6) Reward Meals

Maybe you've heard the term "cheat meal". Well, I prefer the term "reward meal". The cheat/reward meal is a term given to the one meal you get each week where you can eat whatever you want. This is the time to eat your favorite foods.

Now I don't recommend trying to eat 5000 calories worth of Domino's pizza in one sitting. That is not going to help you. But having a Friday night pizza party to look forward to sure does make all the fruits, vegetables, raw nuts, and other healthy foods that much more tolerable for most people.

So here's how you fit this into your travels. If you travel on weekends, just make sure your diet compliance is as close to perfect as possible during the week, and then you can indulge yourself in one meal while you are traveling (and use my "routine eating" tips to stay on track the rest of your time.

This is a simple solution to a major problem. All you need to do is plan ahead so that you eat right the rest of the time, and then enjoy your reward meal guilt free.

7) Be Active, Not Eating

One of the many reasons that I recommend my clients stay active on their non-TT workout days is because I know that if they are active and out doing something – even if it is just a walk – then I know they are not at home in the kitchen with their hands in the cookie jar.

And that's how you need to be while traveling as well. Stay active, not eating. If you're at a seminar, pay attention to the speakers and keep your hands off the cookie tray. If you need to, excuse yourself and go for a quick walk until you overcome the cravings. Or chew some gum.

If you're on holidays, find something better to do than sitting around all day with a pina colada within arm's reach. Sure that's fine to do a little bit, but not 12 hours a day.

Stay active between meals and stick to your routine eating tips and you'll avoid overeating and you won't get back home with belly fat and a guilty feeling.

8) Hotel Gym Training Secrets

Okay, now for the good stuff! Here are the training tips you need for losing fat even when you're on the road. As you'll discover in my travel journal, I went 5 days without access to any equipment, yet I still managed to stay active through activity and bodyweight bootcamp style workouts. That also means I know there are NO excuses for missing a workout and that with Turbulence Training, you have all the resources you need to burn fat anywhere, anytime.

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In a perfect world, you'd have a hotel gym with dumbbells up to 80 pounds, a seated row station, pull-up bars, room for bodyweight exercises, and treadmills and bikes for interval training. But trust me, I stay at over 24 hotels a year and gyms like that are few and far between.

In most cases, you'll get a gym with dumbbells that go up to 50 pounds, a small area in which to use them, and a few treadmills or elliptical machines. But that's still MORE than enough equipment to do an awesome fat burning Turbulence Training workout.

You see, the perfect fat burning Turbulence Training workout goes like this. First, you'll start with a total body mobility warm-up. This includes exercises like prisoner squats, stick-ups, mountain climbers, prisoner lunges, and close-grip pushups.

Next, you'll move into metabolic resistance training supersets or circuits, using split squats, chest presses, rows, and step-ups, all using the dumbbells. If you are strong and 50 pound dumbbells don't challenge you, then slow your repetitions down and do high-rep sets. In addition, use advanced bodyweight exercises such as 1-leg squats, decline spiderman pushups, pull-ups, and bodyweight rows if you can.

You might not be able to build powerlifting levels of strength in a hotel gym, and you might not be able to build Arnold-like muscle, but you can ALWAYS burn belly fat in a hotel gym, and even a hotel room – as you'll see in a moment.

9) The Solution to the World's Worst Hotel Gym – Bodyweight Cardio

Recently a friend of mine, and NYC trainer John Romaniello posted a funny workout story on his Facebook page. It turns out John had traveled to Atlantic City to play a little poker, and he went for a workout break, only to discover he had forgotten his gym shorts.

Now most people would have completely blown off the workout in this situation, but not John. Instead, he used my Bodyweight Cardio program to workout in his hotel room in his underwear. Extreme? Not at all. Committed? Absolutely. John, like myself, shares a personal philosophy of commitment to consistent exercise. When we have a workout planned, NOTHING gets in our way. That's how you have to be as well.

And workouts like the TT Bodyweight Cardio program, which require absolutely NO equipment at all, are the solution when you travel to hotels that lack decent equipment, or when you forget your shorts or shoes, or when you are traveling in the middle of nowhere (say a small resort camp in Lithuania, for example, as you'll read about in my travel report below).

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The TT Bodyweight Cardio 3 program is one of the bonuses you'll get with the Turbulence Training program here:

=> www.TurbulenceTraining.com

And one last tip on travel workouts...whenever possible, I skip the hotel gym and go to a local "real" gym to workout so that I can do barbell deadlifts, squats, and bench presses. Sometimes your hotel will have a deal with a local gym to give you guest passes. When I'm on the road, I always look for a local Gold's Gym, because I love to do Meathead workouts in their Meathead locations. And even if I have to pay, it is worth every penny, not only for the workout, but for the experience.

10) The #1 Factor for Success: Accountability

Despite the fact that I've spent the last seven pages exposing the secrets to eating and exercising for fat loss while traveling, there remains one fat loss weapon even MORE important than either of those. And that is Accountability.

As you'll see in my travel report, there was opportunity after opportunity for me to eat junk food, to drink excessive amounts of alcohol, to indulge in unnecessary desserts, and to outright cheat and binge on my diet.

But I knew that I had to report every meal, and every workout to you. That was my plan on this trip, to record everything that I ate and every bit of activity that I did to show you how it is possible to not only stay lean while traveling, but also to LOSE weight and burn belly fat even when you are on the other side of the world surrounded by unfamiliar food and at the mercy of a demanding business schedule.

With accountability comes social support. And social support has been proven in study after study to increase your odds of success in losing fat. Research shows that exercising with a partner who is losing fat increases your odds of success. Another study found that the more often subjects checked in on a weight loss website, the better their own weight loss results. So I highly recommend joining a fat loss forum, like the one you get for free when you use Turbulence Training. You'll be able to be accountable to other people and you'll get social support from new friends who share the same goals as you.

And as I mentioned, you'll get a free 3-month membership to my fat loss forum when you get started with my Turbulence Training program here:

=> www.TurbulenceTraining.com

Alright, now that I've completely destroyed EVERY excuse you might have had for not being able to lose fat on the road...AND now that I've given you the complete blueprint to getting lean and staying lean while traveling, let's take a look at my latest adventure.

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Part II: The Trip

In the next 30 or so pages you're going to come with me on a journey from Toronto to Chicago to Florida to Lithuania to Poland finally back to Toronto. It was an incredible two week journey, and you'll see how I handle fitness and nutrition on the road in real life...not just in theory like the article above.

WARNING: I make some mistakes. But I do the best I can. Thanks to my personal philosophy, I stay as active as possible. My downfalls were with nutrition. I could have done better, however, I know my body and I did more than "good enough" for me to maintain my low body fat, my abs, and my fitness.

And you know what? I had a heck of a great time doing it. So be prepared to discover how you can have amazing travels – for both business and pleasure – while getting lean and staying lean.

Craig Ballantyne, CSCS, MS
Author, Turbulence Training



This is me during our nightswimming adventures at a camp in Lithuania...more photos about this night and my time in Lithuania below...

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Wednesday, August 4th

5am – I set my alarm early so that I could get up to walk and stretch. I was having a strange dream about fighting a cat, so I was happy for the early wakeup. Getting up on time must be part of your preparation strategy, as is going to bed at a decent time. Later in this report you'll discover my sleeping mistakes during the European leg of my travels.

6am – While drinking a liter of water, I posted my daily motivational quote to my Facebook Fanpage at www.CraigBallantyneFanpage.com. I'm going to include each day's quote in this report and you can join that fanpage to receive daily inspiration. Here is the quote I posted on Wednesday, August 4th.

"Gently yet often exercise your risk threshold like a muscle. Eventually it will become stronger and able to withstand greater pressure." – **Frank McKinney**

7am – Had a blender drink of: Almond milk, Garden of Life raw protein powder, 1 frozen banana, blueberries, spinach (trust me, you can't taste the spinach!), raw almond butter, and pecans. I also had an apple.

You know that old saying, "An apple a day keeps the doctor away"? I live by it, literally. I can't remember the last day I didn't have an apple. I also like to stick to the "A cup of broccoli per day keeps the doctor away" rule, but as you'll see, once I arrived in Lithuania, that was tough to stick to...although I did my best.

One other rule here...Always, always, always make your first meal of the day as healthy as possible. That comes back to your planning and preparation, but it is essential for a couple of reasons

First, research shows that a high-fiber breakfast helps you control your appetite at lunch. Second, when you start your day on the right track, it gives you the momentum you need to stay with your diet the rest of the day. And third, if your diet is perfect for breakfast, lunch, and your snacks, it makes those night-time "indiscretions" more tolerable.

8am – Off to the Toronto Island airport to catch my flight to Chicago. While at the airport I had a bottle of water and completed my morning "Facebook Fitness Q'n'A session" on my other fanpage at www.TurbulenceTrainingFanpage.com. Each morning I answer TT reader questions about their workouts.

9am – On the plane, I had a snack of water and roasted, salted almonds on plane and made my first travel nutrition mistake. Now you might wonder, "Aren't almonds supposed to be good for you?" And the answer is YES, they are, but not when they are roasted in canola oil. What bothered me even more was that this was an avoidable mistake...after all I had my almonds packed away in my carry-on luggage. Oh well, at least it allowed me to teach you a valuable lesson – always AVOID nuts roasted in oil. Fortunately it was a small serving and I also declined the free beer.

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11am – Touchdown in Chicago and cab ride to the Affina Hotel downtown. Ugh, just realized I forgot to pack my Acuball (this is a little self-massage tool I use for my sore muscles). I had better not forget it on my trip to Europe.

At the hotel I finally met up with the rest of the TT Team and we were ready to head over to Wrigley Field for the Cub's game.



Here's the TT Team about to leave Harry Carey's Tavern and head over to the game. From left to right: Erin, Lesa, Amy, Me, and Dan.

12pm – Okay, we're about to discover my 2nd questionable nutrition decision, but it is also another opportunity to teach you a valuable lesson about portion control and making the right choices that minimize dietary damage.

As you can imagine, finding good "fat loss food" within walking distance of Wrigley Field was not an easy task. We ended up at Harry Carey's, a pub, and you know what those menus are like. Fortunately, even though I ordered a burger, I can say that this meal was NOT a foul ball in terms of fat loss. Here's my order, and hear me out on the explanation: Green salad (no dressing) + grass-fed burger + ½ a "Blue Moon" beer

First, portion control saves me. This meal still weighs in at less than 1000 calories (150 for the salad, 500 for the burger, and 200 for the beer). Second, I was surprised to see grass-fed beef on the menu, but it was there, and that's your best option for beef. So in the big picture of my daily calorie intake, this wasn't perfect, but it wasn't bad.

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1pm – Thanks to the 5am wake up, I was feeling a little sleepy (could have been the meal too), and so I fell asleep for about 5 minutes in the first couple of innings.

3pm – Water. No beer. I'm not going to lie...I wanted to order a beer...but here's where the power of accountability comes into play in your fat loss program. When you commit to losing fat, and you tell others, and you commit to posting your diet and exercise program on the Internet or even just emailing it to a friend, all of the sudden you'll start making BETTER choices.

Time after time throughout my trip I was tempted by booze, desserts, un-necessary snacks, and everything you can imagine, and almost every time I made the right choice it was due to the fact that I had to report my meals to YOU.

Accountability rules. It is what keeps you on track even when no one else is around.

When you're at a baseball game, the best thing you can do is...surprise, surprise...plan ahead. Eat a good meal at home. Drink water at the game. If you want, plan ahead to have one beer if that suits your diet plan. But don't order any popcorn, hot dogs (you know what those are made of, right?), candy, etc.

4pm – We left the Cubs game a little early. There were plenty of Cubby home runs and the Milwaukee manager even got tossed from the game, but at about 10-3, I think everyone in my group had seen enough. So we zipped back to the hotel to get ready for dinner and do a little work – don't worry, we didn't desert you...we were still doing our regular customer service work throughout the trip!

5pm – Back at the hotel I did another quick stretching session followed by a snack of dates, raw almonds and water. Finally, a good nutrition choice thanks to my planning, preparation, and packing done at home in advance of the trip.

7pm – The TT Team met for dinner at C-House restaurant in the Affina Hotel. I'm not a big "Food Network" guy, but apparently this restaurant is run by a "Top Chef Master" from the television network. And the food was excellent.

In my diet, I don't eat a lot of meat or animal products (although I ate more than planned on the European leg of my trip as you'll see). So whenever possible, I stick to vegetarian options. That often means eating what you might think is a lot of carbohydrates, but the foods I eat are always full of fiber and slow the absorption of the carbohydrates into the bloodstream.

Frankly I think the "carb-phobia" world is going a little overboard, but all I can recommend you do is to plan your nutrition and then observe your body's response to various foods. Be a scientist and realize that each meal is an experiment. You have to figure out what works for you. Fortunately, for me, high-carbohydrate diets have no negative impact on my body fat levels.

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So my dinner was...

A bowl of summer vegetable soup, one slice of bread, pasta with vegetables and ricotta cheese, and a little bite of dessert. The dessert that was ordered for the table was “mashed potato donut holes”. We all tried one. No booze. I drank sparkling water instead.

Portion control saved the day again. Sometimes it is better to go to fancy restaurants – like the one we ate at – rather than chains such as Outback or Morton's Steakhouse because it is so easy to eat 2500 calorie meals at Morton's. Trust me, I've done it.

So limit your bread intake. Order a drink that doesn't have any calories, such as sparkling water, diet coke (in moderation), soda water, green tea, or just plain old water. If you must have an alcoholic drink, remember this advice:

Choose beer, wine, or a mixed drink using calorie-free mixes. Appropriate drinks include a vodka and tonic, for example. Drinks to avoid include anything with added juice, soda, or crazy beach-drink concoctions. Finally, use the power of portion control again at this time. One drink is fine. Take it slow. Make it last. Order a glass of water at the same time and sip it rather than the drink.

11pm – Off to bed. Big TT Team meeting to prepare for...

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Thursday, August 5th

5:45am – My alarm clock was a garbage truck in the alley behind the hotel...

6am – I drank some water and went for a walk around the Chicago lakeshore. When I travel, I stick to my normal routine as much as possible, and at home I'm always up early and taking Bally the Dog for a 45 minute walk first thing.

7:30am – Breakfast in my room...I ordered a 3 egg omelet with tomatoes and mushrooms. I also had my apple for the day. And water, of course. Today's Facebook mindset tip was:

"The best way to break an old habit is to replace it with a new one...and reinforce it a lot."
Aubrey Daniels, author of "Bringing Out the Best in People"

9am – Time for what we came for...The TT Team Meeting where the focus was on how we could help YOU better. Also putting together a big giveaway and going over the Turbulence Training Core Values with the team. During the first half of the meeting I drank 2 cups of water and 2 cups green tea.

10:30am – During the second half of the meeting I ordered a fruit plate and snacked on pineapple, blueberries, blackberries, melon, strawberries, raspberries, grapefruit, & orange slices.

12:30pm – With our meeting wrapped up, we went for lunch at a nearby Elephant and Castle Pub. Now you might be expecting another diet mistake...but here's another tip for you. When you go to a restaurant, don't forget that most places are willing to customize your meal.

I ordered a spinach salad with apple slices, feta cheese, walnuts, and red onion. Plus, I ordered a toasted avocado, tomato, and onion sandwich. Of course, you could add chicken breast to either the salad or sandwich if you want. I drank a sparkling water as well – avoid liquid calories whenever possible.

And when in doubt, order the best salad on the menu and add chicken to it. Ask for the dressing on the side and use as little of it as possible. And never hesitate to ask for the restaurant to customize your order.

3pm – Taxi to the airport. When I got there, I worked on some email, drank some water, and had another apple that I had packed away. On the flight home I had more water plus some raw almonds (the right choice!).

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One more TT Team photo before we were off to the airport.

5pm – I also finished up two books. The first was, “Exceptional Service, Exceptional Profit”. I had Erin, one of our customer service reps report on this book at our meeting. And so I skimmed through the important parts of the book. It’s much more applicable to offline businesses, so if you manage a store, check it out. The second book I finished up was “Bringing Out the Best in People” by Aubry Daniels. This is a science-heavy book, and I had been reading it on and off for several weeks.

7:30pm – Home! Celebrated that with a blender drink: Almond milk, 1 frozen banana, raspberries, spinach, Garden of Life raw protein powder, and pecans.

8pm – I rarely workout at night, but in this case, I had no choice. I had another flight the next morning to Tampa Bay for Part 2 of this wild trip. Had a great workout:

- 1) Hang Cleans
- 2) Deadlifts
- 3A) Barbell Lunges
- 3B) Glute-Ham Raises

That’s it. Good thing the gym is so close to my home. Now...let’s say I had a family to go home to...and no time for a night workout...well, I simply would have done a different workout first thing in the morning instead. No excuses. Find room for the workouts, even if you have to sacrifice 30 minutes of sleep. Plan and prepare!

9pm – Finished the rest of blender drink and made a late dinner of quinoa (a high protein grain) with broccoli, red pepper, red onion, olive oil, and tomato sauce. I usually make this meal twice per week. And yes, I tend to eat late dinners...dispelling another myth that you can’t eat late at night and be lean. Of course, I’m eating high-carbohydrate dinners after 9pm, so it shows you that once you know your body, you can break a LOT of nutrition rules and still be lean.

10pm – Spend the next two hours packing and finishing up errands and work around the house...I was getting ready to go on the road for 12 days. Got to sleep at midnight.

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Friday, August 6th

5am – Wakeup, water and short walk followed by a little stretching. Wished the dog was around for the walk, but he's been at the sitter's house for the last 3 days and will be there till I get back from Europe.

6am – Daily apple plus blender drink of: 1 banana, strawberries, spinach, almond milk, raw protein powder, cacao nibs, and walnuts. Posted my daily quote:

"If things start to become complicated, stop, regroup, and start over. Success is always simple. Not easy, but simple."

Larry Winget, author, "No Time for Tact"

7am – Ride to airport and bottle of water. This trip is taking me to Tampa Bay, Florida for my friend Joel Marion's wedding.

8am – At the airport I did a Facebook QnA session while drinking some water and had a snack of raw almonds and dates. You'll see "raw almonds and dates" popping up a LOT over the next 12 days because I packed a big bag for my trip.

9am – I had the option to upgrade to 1st class on this flight for only \$200...so I went for it. Wish I got this offer more often.

10am – My book on the airplane was, "Good to Great" by Jim Collins. I've been reading a lot of books like this recently, including "The Rockefeller Habits" and "Bringing Out the Best in People" because I want to build an amazing team here at Turbulence Training. With a great team to support me, I know that we can create the best TT client experience and ultimately reach our big goal of helping 1 million people transform their lives.

11am – Breakfast on plane and I had an omelet. The other option was waffles, but having "dessert for breakfast", as the flight attendant described the waffles, is not a good idea on a fat loss program. I also had some fruit (kiwi, orange slices, strawberries) but passed on the breakfast potatoes and turkey sausage. I also drank water and a cup of regular tea.

1pm – Touchdown in Tampa. My first stop was the tuxedo rental shop and then had a long drive over to the Don Cesar resort in St. Pete's Beach. It was a great hotel for a wedding.

2:30pm – I had time to go to Gold's Gym for a quick upper body workout of military press, chin-ups, and dumbbell rows.

3:30pm – Went back to the hotel and had an apple, dates, and raw almonds before the wedding rehearsal.

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4pm – File this under “bad decisions”...Lisa and Joel decided to have their wedding OUTSIDE in Tampa in August. Fortunately, they changed their mind after the rehearsal.

7pm – I hitched a ride to the wedding rehearsal dinner with Vince and Flavia Del Monte. Somehow we managed to get lost even though the restaurant was only 2 blocks away.

8pm – Dinner was at a Japanese steakhouse...one of those places where the chefs toss the knives around and do the cooking right in front of you at your table. Good times.

The food was great, but I didn't overindulge. I had miso soup, sushi, grilled calamari, vegetables, rice and sparkling water. I decided not to have any of this cake...and YES, that is Denzel Washington's face on the cake. Not sure why, but Joel Marion is Denzel's biggest fan:



The real highlight of dinner was the company, as I sat with Final Phase Fat Loss author, John Romaniello and his girlfriend.

11pm – I had a beer back at the hotel while hanging out with Mike Geary, Joel Marion, John Romaniello, and Vince Del Monte.

12am – Bedtime. Big day tomorrow...

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Saturday, August 7th – Joel Marion's Big Day

7am – I got up early and hit the beach for a morning walk and then I did something I have not done in over 11 years...I swam laps in a pool. I only swam for about 15 minutes but it was fun. I finished up with stretching and planks. Good stuff, but dang, the summer humidity in Tampa is intense even at 7am. My glasses fogged up coming out of the hotel! And it was even hard to breath during my walk...but on the bright side, it made me think of this for the daily inspirational Facebook quote:

If you're going through hell, keep going. Harder, better, faster, stronger. Never, ever, EVER give up.

8:30am – Followed that with a raw breakfast of dates, almonds, and an apple while writing some emails and doing a Facebook Fitness Q'n'A for you.

10am – Another trip to Gold's Gym...this time with John Romaniello. He did a "real" workout while I did stretching, some ab exercises (planks, side planks, and Stability Ball Rollouts), and some meathead arm training (curls and triceps extensions). I wanted to do something because I knew I was going to be sitting on an airplane for over 9 hours the next day.

11am – After the workout John ordered a giant protein shake at the gym. He ordered too much so he gave me some it. To be honest, I don't like whey protein powders because most are sweetened with aspartame...but I drank it anyways and also had a banana.

12:30pm – Time for the groomsmen lunch. I had a giant salad of greens, raw vegetables, and avocado. Also had 3 slices of whole wheat bread with a little butter. Finished with a big bowl of fruit and then some raw almonds and dates. Almost everyone else at the table had cheeseburgers and fries. But that's not for me. And to be honest, a lot of the guys eating those cheeseburgers and fries spent time complaining to me about their big bellies when we were at the bachelor party a few weeks prior. You have to make the right decisions if you want the right results. Never forget that!

2pm – I spent the rest of the afternoon working on some Turbulence Training projects.

5pm – Snack of raw cashews and water.

6pm – The wedding (fortunately it was inside).

7pm – Wedding pictures (see next page)

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8pm – Wedding reception kicked off with the best wedding toast ever delivered by John Romaniello. Drank a glass of champagne with the wedding party.

9pm – Wedding dinner – buffet style. I had a big green salad (greens, artichokes, tomato, peppers), beef tenderloin, grilled vegetables, whole wheat rolls, mac and cheese (yes, Joel had mac and cheese at his wedding), and 1 beer.

10pm – Enjoyed the wedding speeches and treated myself to some wedding cake and ice cream. I also drank one vodka-red bull with the man of the hour, Joel Marion.



Myself, Joel Marion, John Romaniello, and Vince Del Monte. Just for the record, John is standing on a step for this photo.

11pm – Hit the dancefloor. Good times.

12:30am – Bedtime

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Sunday, August 8th – Time to move out to Europe

7am – Wakeup. This was a planned off-day. I expected to do a bunch of walking at the airport, but nothing else. Grabbed a ride to the airport and drank a bottle of water.

9am – At the airport I purchased a banana and a tray of raw vegetables (carrots & broccoli) & pita bread with hummus from “Wolfgang Puck’s To Go”. There are no excuses to go off your diet, even at the airport! Also drank water. Still looking for my daily apple, though. While I ate this food, I updated my Facebook page with this quote and did a fitness q’n’a session.

“For anything worth having one must pay the price; and the price is always work”

John Burroughs

11am – Boarded my first flight from Tampa to Miami on one of those little commuter planes...and we flew through a thunderstorm. Yay. Not good times. Landed in Miami with a 3h layover before my flight to Frankfurt. Walked around airport for 15 minutes.

1pm – Had lunch at Gilbert's bakery in terminal J. I ordered a veggie wrap that contained garbonzo beans, roasted red pepper and spinach in a tortilla. I also had a bottle of Perrier. The sandwich was good, but tiny. I followed that up with my daily apple, a banana and raw almonds.

3pm – I decided to buy more snacks (and two days later realized I should have bought even more!). When I am in an airport I buy fruits and vegetables first, but sometimes you need to buy snacks that can last a long time. So go with raw almonds first...trail mix second. Try to avoid nuts that have been roasted in oil. And be careful of so-called “energy bars”. They are often full of sugar (with the sugar labeled as “brown rice syrup” or “cane juice”) – even the organic/natural energy bars. Plus, those energy bars don’t fill you up. So I grabbed 2 more apples, a bag of mixed nuts, and a trail mix before the flight.

4pm – Boarded plane bound for Frankfurt. I got my luggage stowed and claimed my window seat. We waited on the runway a bit and I had a nap. When we got airborne I had some mixed nuts and settled in to re-read one of my favorite books, "Man's Search for Meaning" by Victor Frankl. I decided to re-read it given my travel plans to Auschwitz.

7pm – The airplane showed the movie, “The Fantastic Mr. Fox”. It wasn’t bad, and I ate some airplane food: pasta, a roll, and a piece of cheese. Now that doesn’t sound like a fat loss meal, but the portion sizes were small and so in the end, you can stay under your calorie limits if you control the portion sizes of your favorite foods. After the movie I read and then fell asleep again for an hour.

12am – At this time I moved my clock ahead to 6am and we were served a small breakfast of a spinach omelet and fruit.

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Monday, August 9th – Europe

7am – Arrived in Frankfurt. Wandered around looking for next flight.

9am – Drank water while doing a Facebook quote and q'n'a session:

"Life ultimately means taking the responsibility to find the right answer to its problems and fulfill the tasks which it constantly sets for each individual."

Victor Frankl

10am – Boarded my last flight to Lithuania. On the plane I had an apple, some almonds, and water followed by a short nap.

2pm – Landed in Vilnius, Lithuania. Two students from the seminar picked me up. Grabbed a bottle of water and drove to the seminar. Wait, what seminar?

My friend Simon from www.SovereignMan.com had arranged a business and leadership seminar in Lithuania for Eastern European students. Simon invited me to speak about how I have built my Internet business. It was an amazing experience, and the students came from all over, including Moldova, Poland, Belarus, Ukraine, Russia, and Latvia.

4pm – Arrived at camp and had a banana and water.

5pm – The camp finished and my friend Simon wanted me to lead the group in a workout. So I put 25 Eastern European college kids through a Turbulence Training bodyweight cardio workout. Immediately following the workout we went down to the lake and had a swim.



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7pm – Felt a little tired but not too bad. Dinner of chicken, rice and vegetables. I have no idea about the quality of the chicken...was it factory farmed? Organic? Free-range? No idea...

10pm – The kids decided to have a sauna party. Imagine 25-30 college-aged kids in a giant sauna...quite unusual for a North American to see, but this is what they do.

In general, I found the Eastern European kids to be far more friendly and open – while sober – than the North American kids I know that are the same age. Perhaps it was self-selection of the group, after all, these kids were voluntarily giving up some of the summer vacation to attend a business seminar.

During the evening I had a lot of great conversations with smart kids who want to transcend the opportunities available in their countries. And while sitting around I had a beer, some pistachios, and even I tried a bite of a cured pig's ear. Yeah, it was as bad as it sounds...

12am – Bedtime. I should have went to bed earlier to get myself on the correct time zone. Bit of a mistake here...and throughout the rest of the week I felt a little off, and even picked up a minor cold later during the week.

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Tuesday, August 10th

8:42am – Slept in. I should have awoken earlier but I didn't. Had to race off to seminar but I managed to post this motivational quote on Facebook:

*Never, ever, **EVER** give up.*

(By the way, that quote got the most likes and comments out of all of the quotes I posted during my trip.)

9am – Leadership seminar started. I drank a bottle of water and skipped breakfast. Big deal? Not really...depending on your attitude. If you overcompensate later, then yes, it could be a problem. In fact, one of the most popular fat burning nutrition programs used by Turbulence Training clients is Brad Pilon's Eat-Stop-Eat. I mentioned that as one of my top travel secrets for getting lean and staying lean, and even though it sounds "bizarre", it could be one of your greatest weapons for fighting belly fat while traveling.

10am – I gave my presentation on setting up an internet business followed by a Question and Answer period for the rest of the morning.



12pm – Lunch: Vegetable soup, chicken, and potatoes.

1pm – Spent all afternoon doing more workshops with the kids.

4pm – Had an apple and water before another group training exercise session.

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4:30pm

In today's group training session, we did a boxing warm-up followed by towel resistance training and then bodyweight exercises, including this partner-assisted decline pushup pictured below. By the way, that's me being the footrest, not doing the pushup.



6pm – The only bad thing about the camp was that the internet was extremely slow, so one of the other instructors and I went to a local hotel in Trakai to use the internet. I ate a bag of the trail mix that I had bought in the Miami airport.

9pm – By this time I was really hungry. We ate dinner at the hotel, and because I was ordering off a Lithuanian menu, I wasn't sure what I was getting myself into...fortunately, what I ordered turned out to be really good. It was a chicken breast stuffed with spinach, and came with a side of broccoli. I also had two slices of rye bread and a bottle of carbonated water. The meal was really cheap – as was almost everything in Lithuania and Poland – about 40% of what I'd expect to pay in North America.

10:30pm – We got back to the camp and the kids tried to get me to drink gin with them. No thanks. However, I did eat some of their chocolate. And I got to bed around midnight.

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Wednesday, August 11th

8:30am – Got up late again. Just enough time to post this on Facebook:

Never lose faith in the future.

9am – Back to the seminar. I tracked down some apples, and had two apples with some almonds, dates, and water. My mistake was not buying more fruits and raw nuts at the airport and in the grocery store on the way out. So when you are traveling, always err on the side of buying too much fruit and too many packages of raw almonds. Be prepared!

12pm – Lunch: Salad, rye bread, a tiny piece of chicken, vegetables, and potatoes. As you can see I made a huge mistake of not preparing properly by going to the grocery store and as a result I was left to eat only what the resort offered – which obviously wasn't my first choice of meals. But when faced with eating foods that don't necessarily suit your plan, always remember that you can minimize the damage with portion control.

2pm – Almonds, 1 square chocolate, and water.

2:30pm – Okay, time for me to crash out and have a nap.

4:30pm – For our daily exercise, my friend planned a tug-of-war competition, but the rope broke during the second match. So instead, we played soccer for an hour and then went swimming for 20 minutes.

7pm – By the time dinner came around I was starving. Fortunately the food was good and fit the TT lifestyle. I had a vegetable and chicken kabob, potatoes, grilled vegetables, and a slice of rye bread too. I also drank some kind of ginger juice. Each night the resort served these odd flavored juices, everything from cherry to ginger to plum.

Also of note: meal serving sizes were small to medium. About 25 percent of what you'd eat at an American restaurant. And dessert was never served. Combine that with their culture of activity, and it wasn't surprising that most of the campers were lean.

8pm – I tracked down some students who were going on a beer run and gave them some money to buy me bananas, apples, and nuts. I had an apple when they got back.

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9pm – Surprise party time. We didn't expect this, but the students all got together and created signed t-shirts for all of the instructors. They also gave us a bottle of "mead" (traditional Lithuanian alcohol) which I decided to share with the students instead of drinking myself. Here's a picture of me thoroughly enjoying the presentation ceremony.



This is my shirt, held up by sisters Sasha and Dasha. If you can't see the image on the shirt, it is a picture of a flexing body with a giant brain where the head should be. Apparently that represents me...*a giant biceps-flexing brain*. Could be worse, I guess...

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Some students and camp instructors at the surprise party.

10pm – After the presentation ceremony, everyone jumped in the giant sauna or hot tub, and then a group of us went down to the lake for some night-swimming.



Me, Jeff (an instructor), and Nadia (one of the Ukrainian students)

12am – I had a banana and went to bed.

How to Get Lean and Stay Lean While Traveling

Thursday, August 12th

8:30am – Got up and posted this on Facebook:

If you fall “off the wagon”, cut your losses, don’t worry about it, and get right back on track - Immediately. It’s minor damage that can be dealt with. Sometimes the most important thing for fat loss is to simply stay out of harms way. Rather than focusing on being a perfect eater and trying to lower your calories, just make sure you don’t put yourself in any situations where you overdo it.

9am – Ate two bananas and then headed down to say good-byes to all of the students.



10am – A group of us went down for one more swim. I wisely decided against trying to swim across and back the 500m lake, but I still put in a good 300m total swim.

12pm – I had two apples, vegetable soup, and rye bread and water...not much of a lunch, but the other option was a traditional Lithuanian dish of sausage wrapped in a potato pancake. Looked like a hearty meal but it was not on my diet plan. Feel free to try local dishes like that in moderation.

1pm – Left the camp to the airport.

3pm – This is worth mentioning...on the flight to Poland there was a monkey in the front row. Seriously, there was a caged monkey on the flight. Weird. I ate some of the pumpkin seeds that the kids bought for me the night before, but I didn’t share them with the monkey. There was a sandwich and chocolate bar offered on the flight, but I passed.

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4pm – Taxi to the train station. Ate some peanuts and water while waiting for train. Not a great dietary decision because the peanuts were roasted in oil. At this point my travel group became a world-famous photographer/former marine, a money manager, and a former Texas cowboy/army captain.



The money manager, myself, the former cowboy/army captain, and the world-famous photographer/former marine.

8pm – Finally got to the hotel in Krakow. Slipped out to the gym for a quick upper body workout of pullups, db incline press, seated row (1-arm), triceps, biceps, shrugs. It was nice to train with weights again.

9pm – Dinner at a casual Italian restaurant...I had a salad of greens, pears, and walnuts, plus a medium vegetarian pizza topped with broccoli, tomato, and mushrooms. I also drank a diet coke because the marine/photographer wanted to go out and check out the town later that night.

11pm – Played tourist and wandered around Krakow...went to a bar...drank two beers.

1am – Fell asleep.

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Friday, August 13th

7:30am – Woke up. Posted this on Facebook:

Stop what you're doing right now. Is what you're doing moving you measurably closer to your meaningful goals? Ask yourself that every hour, every day.

8am – Went for a walk followed by stretching and self-massage with the Acuball (I was still a little sore from soccer). I had gotten out of my morning routine while in Lithuania, but was back on track now.

9am – Breakfast: I had two apples, scrambled eggs, tomato slices, grapefruit slices, watermelon, and Green tea.

10am – Wrote up the September TT workout of the month based on feedback from a client who was “beta-testing” the program.

11:30am – Big workout: Split squats, Stability Ball Plank, Side Plank, 1-Leg Stability Ball Leg Curl, Stability Ball Rollout, DB Step-up, DB RDL, and Cable Abs.

1pm – My friend Simon found a vegetarian restaurant that I ended up eating at several times while staying in Krakow. It was called Vega and had great food. On this day, I had stuffed peppers (stuffed with lentils and rice) plus vegetarian lasagna. Drank some water. Great workout, better lunch.

3pm – Walked around Krakow and went to a farmer’s market. Bought dates, almonds, blueberries and bananas. Ate some of each. Had a nap and relaxed until dinner.

8pm – Went out for dinner to the town square...settled on vegetarian pierogies filled with spinach and mushrooms. Skipped the alcohol and drank carbonated water instead.

10pm – Walked around the town but called it an early night. Big day coming up...

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Saturday, August 14th

8am – Big sleep...got up and did internet, wrote some emails and posted my daily motivational quote:

"The failure to act is much more often the product of inner, emotional resistance than external resistance." - Dan Kennedy.....Take a few minutes to identify what is really holding you back in life, and make plans to overcome those obstacles. Write out TWO solutions for every obstacle.

At this point of the trip I was battling a bit of a head cold...some sneezing, runny nose, etc. Fortunately, it didn't get any worse.

9am – Breakfast: Scrambled eggs, 1 apple, grapefruit, watermelon, and some muesli with yogurt. Drank lots of water.

10am – Checked out of the hotel, grabbed the rental car, and hit the road. This was the day we visited Auschwitz.

1pm – Arrived at Auschwitz. Had a bottle of water and banana before going in for the tour. As you can imagine it was a very somber tour.



The picture on the right is of the area where the firing squad executed prisoners.

3pm – We left Auschwitz and drove to a small town called Zator where we had lunch. It was not the best fat loss choice, but overall the travel diet is going very well. I ordered pizza for the 2nd time in a few days. Considering the location, it was actually a great pizza with spinach, onion, red and green peppers. I also had a diet coke.

6pm – Arrived at the Mercure Hotel in the city of Zakopane in the Tatra mountains of southern Poland. Drank a bottle of water.

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7pm – Had to do some exercise, so we hiked up a ski run (300m elevation). It was a tough climb and by the time we got to the bottom, my legs were beat.



We look like we are lost in this photo, but don't worry, we know where we are.

8:30pm – Grabbed some dates, almonds, and water before a stretch and a shower.

9pm – Drove into the town of Zakopane for a great dinner. I had grilled vegetables with a small bit of chicken and half a beer, plus a glass of water.

10pm – We walked around the tourist area. Pretty cool little spot. My friends bought ice cream, but I didn't need it. Then we hit the grocery store to stock up on trail mix for our big hike the next day.

11pm – Got back to the hotel, wrote up a TT email, and had some almonds and dates before crashing at about midnight.

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Sunday, August 15th

7:30am – Got up. Posted this on Facebook and headed to breakfast:

Don't let anyone stop you from doing what you want in life. Its your life, not their life.

8am – I ate a big breakfast, including eggs, rye bread, watermelon, orange, grapefruit, green tea, and water.

9am – Drove to the mountain for our hike.

10:30am – Total hiking time was just over 5 hours...It started with a simple 9km uphill climb to Lake Morskie Oko.



12pm – Stopped for a snack of 1 apple, 1 banana, and some trail mix (plus 1L water) and then resumed hike going off the regular path up a steep path of rocks. It was kind of dangerous.

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1pm – Continued on. We took a detour up a rock path to some waterfalls. It was a little dangerous and added about an hour to our hike time.



2pm – Here's me at the top of our detour hike...I'm holding up the mountain.



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2:30pm – Got back down and went up to next lake, Czarny Staw. We were thinking of continuing the climb on the other side of this lake, but fortunately we decided against it.



3pm – Started heading for home, but it began to pour and turned into a monster storm with mothball-sized hail pelting us for about 15 minutes while lightening flashed all around. We were soaked and cold, but laughing.

4pm – By 4pm we were back in car, stripped down, turning the heat up, and eating trail mix. I even fell asleep on the drive home.

5pm – Back to hotel I took a long, hot shower, stretched and drank a lot of water. Had an apple, some almonds, and dates.

7pm – Dinner: I enjoyed dinner according to the “Businessman’s Strategy” mentioned earlier in the Top 10 Secrets section. I had a small steak, grilled vegetables, one piece of bread, and a glass of wine.

9pm – Snack of almonds and dates while watching TV. I slept well that night.

How to Get Lean and Stay Lean While Traveling

Monday, August 16th

7:30am – Got up, and posted this quote on my Facebook page:

The pain of discipline or the pain of regret. Which will you choose this week?

8:30am – At breakfast I had eggs, rye bread, watermelon, orange, grapefruit

9:30am – Checked out and headed back to Zakopane...drank some water and ate some trail mix on the way because we were stuck in traffic.

12pm – Arrived back in Zakopane...for the next night I was staying at corporate apartment rather than a hotel, so I did some grocery shopping. Had some water, nuts, an apple, and a banana.

1:30pm – Returned the rental car and walked back to the apartment.

3pm – Hit the gym for another upper body workout of shoulder presses, pull-ups, decline pushups, db rows, and triceps extensions. Finished with lower body stretching.

4pm – Ate a banana, peanut butter sandwich, an apple, some almonds, and dates.

8pm – Went back to the Vega restaurant for Mexican goulash and rice...which I'm pretty sure we would call chili. It was really good. Also had some rye bread and water. This was my last night in Krakow but it was raining too hard to do anything good.

11pm – Hit the sack.

How to Get Lean and Stay Lean While Traveling

Tuesday, August 17th

7am – Got up and posted this on my Facebook page:

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie...

...so never, ever, ever give up on something that is important to you.

8am – Had an apple and walked to grocery store to buy some snacks for my train ride to Warsaw.

9am – Breakfast of eggs, toast, ½ red pepper (raw), and ½ cup blueberries

10am – Hit the gym for one last workout in Poland. Did an extra long warm-up followed by Split Squats, Plank, DB RDL, Stability Ball Jackknife, 1-Leg Squat, and DB Shrugs.

11am – Had some blueberries and a banana. Showered up and checked out of the apartment.

12pm – Last meal at Vega. Had a huge lunch of stuffed peppers (with lentils and rice), a side of potatoes, and some falafel. Said goodbye to my fellow travelers and went to the train station.

2pm - Train to Warszawa. Drank some water, had a nap, and ate some almonds and dates.

6pm – Got to Warsaw...walked to hotel. Checked into the Marriott (at only \$100 a night, nice hotels in Poland are very affordable compared to Canada/North America/UK).

7pm – Walked around central Warsaw. Couldn't find the vegetarian restaurant I was looking for so I went to the grocery store and got some apples and nuts for the next morning's flight home. After that I walked around the mall – I've never seen that many restaurants in a mall before...I finally settled on the same restaurant chain that we ate at in Zakopane and I had the same meal of grilled vegetables and chicken.

11pm – Last sleep before heading back to Toronto.

How to Get Lean and Stay Lean While Traveling

Wednesday, August 18th – The Journey Home

6:30am – Got up early and went for a walk and headed down to the gym for a stretching session. The hotel gym at the Marriott in Warsaw is also a gym for the general population, so it was much better than your average American hotel gym.

8am – Breakfast of eggs, fruit, and water. Posted this on my Facebook page:

"When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal."

Napolean Hill...

...and remember, never, ever, EVER give up.

9am – Packed and headed to the airport. Had an apple while waiting to board plane.

1pm – Took off for Toronto...it was a 9.5 hour flight and I was well stocked with trail mix, almonds, dates, and apples. Unfortunately, I wasn't totally prepared for this flight because I didn't have enough reading material to get me through. All I had was the latest issue of the "The Economist" and the last 50 pages of "Good to Great" to read. Fortunately they showed a decent movie – Shrek 4 – and somehow the flight passed by.

2:30pm – Lunch on plane: I had two pieces rye bread plus some peanut butter I brought from breakfast, plus I had the vegetables that came along with the meal (green beans and carrots). Also drank a lot of water on the flight.

6pm – Had a snack of almonds, dates, an apple and water.

7pm – We were served another meal but I skipped it. I decided I would wait till I get home to have a blender drink. Time to turn the clock back 6 hours to Toronto time...

3:30pm – Finally landed but customs and traffic took another 90 minutes before I was home. On a good day I can do it in less than 30 minutes. Oh well, just another setback that you have to be mentally prepared for.

5pm – Got home and had ol' Bally the Dog dropped off. Unfortunately he came home with an ear infection...but we went for a big old dog walk. Man, did I miss these!

7pm – Blender drink: Spinach, 1 banana, strawberries, peanut butter, almond milk, vegan protein powder, pecans. Had that with a toasted almond butter sandwich on flax bread.

11pm – Bedtime!

The End

How to Get Lean and Stay Lean While Traveling

It's now time for me to return to my normal days here in Toronto. Here's what a perfect day looks like at TT Headquarters:

6am: Wake-up. Scratch dog's belly. Head out for dog walk.
730: Return from dog walk and do a few stretches and muscle massage techniques.
730-8: Read, post motivation on Facebook, eat breakfast (blender drink & toast)
8: Write TT programs and blog posts and reports like this one
9: Check email and do a Facebook QnA
10: Dog walk/break and snack of an apple and raw nuts
10:30: Workout
1130: Blog my workout and do another Facebook QnA
12: Lunch (giant salad); Dog gets picked up for activities; prep for afternoon
1: Projects (such as filming TT, recording podcasts, doing interviews)
4: Snack of raw vegetables and hummus, nuts and dates
5: Dog returns home; prep for evening and next day
6: dog walk
7: Finish projects
8: Dinner and free time
10: Bedtime

Exciting times, huh? I'm low key when I'm in Toronto...and get my kicks on the road.

So I hope you enjoyed the journey! It was an incredible trip and I can't wait to go back next summer. In the meantime, look for my upcoming travel reports on a trip to a seminar in Austin, Texas, and "How to stay lean on vacation in Mexico".

And remember...

"You cannot change your destination overnight, but you can change your direction overnight."

Jim Rohn...

...so take a few minutes today and plan to take positive steps towards reaching your goals.

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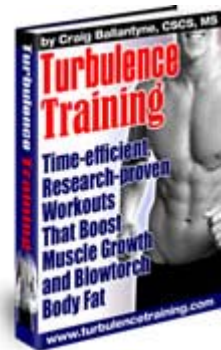
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- The Total Body Ab Exercises That Will Give You A Flat Stomach Without Making You Do Hundreds of Crunches or Thousands of Sit-ups

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Stop doing everything wrong in your weight loss program and start getting more results in less time with Turbulence Training.

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As long as you haven't decided that the program is not for you, you will be billed the remaining \$35.00 of the normal \$39.95 package cost. You will NOT be billed any other monthly charges... only the \$39.95 total (\$4.95 trial today and then the remaining \$35.00 after 21 days).

Please note: This is a downloadable ebook program. You will not receive a physical shipment in the mail. Instead of waiting weeks for a package in the mail, you will be granted instant access to the downloadable program and you can get started on your new body in just minutes from now.

If you need assistance on anything, you can [contact us](#).

Let me know about your success on the TT Member's Forum.

Stay strong!

Craig Ballantyne, CSCS, MS
Author, Turbulence Training

PS - If you are sick and tired of doing all that cardio and getting NO results, then change your workout today and grab the Turbulence Training system for only \$4.95.

Your results are guaranteed by my 100% money back promise. If you aren't satisfied with your results from the program, just let us know and you'll be refunded your \$4.95 before the end of the 21-day trial and you won't be billed any additional charges.

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