

Rants from John Koenig



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Learning to Succeed at Gold's Gym

Erin Kuehn had worked out for years, but didn't make the progress she desired. When she learned how to eat, all the pieces of the puzzle quickly came together. Here is her story, in her own words.



John, thank you again for taking time to meet with me and for sending me your essay. I enjoyed reading it. Very practical information, and easy to understand. I feel like most of it is not anything new to me, yet my patterns in the past have been to get on a "healthy kick" and follow much of those suggestions, yet I tend to fall back into "my old ways" eventually each time. While I do want to improve my body, and also be healthy for my family

and help them to be healthy, I can't seem to get past my love and enjoyment of food. Reading the essay makes me feel sick about some of the things I eat. We eat pizza at least one to two times a week. Partially convenience and also because it's one of our favorite foods. I also thought that serving grilled cheese sandwiches on whole wheat bread and tomato soup was a healthy meal. The biggest shocker to me was that you said peanut butter on toast was a terrible one! I thought I was doing great eating my light whole grain english muffin or whole grain bagel with peanut butter on and a yogurt or fruit for breakfast. I thought that was a great way to start out my day and also I usually go work out after that meal.

I am an educated person and work in the health care field but I sure feel stupid about the way I eat. But like I said, pleasure and enjoyment of certain foods usually overtakes my willpower to eat better. A very frustrating struggle.

Here are several questions I had after reading your essay. I was blown away when I read how much protein a person should eat in a day. Is that how much everyone is supposed to have, or is that for someone specifically looking to put on muscle, burn fat, etc.?

Are there different kinds of protein powder? I wouldn't even know where to look or what to buy. Clearly I need to be making some shakes if I am ever going to consume my bodyweight in protein grams. I bet I don't even eat a third of that a day now!

Is a high protein diet and consuming protein powder safe for breastfeeding?

Why did you make the comment of being careful not to eat too much peanut butter? What is the down side of that, other than the fat content being a little high? And why natural peanut butter? I looked at the jar of regular JIF I have and it says no preservatives. The only ingredients were roasted peanuts and sugar (and the sugar content on the label was only 3g per serving anyway)

What do you say about deli meat? I usually buy turkey and ham fresh from the deli. Is this better than the packaged deli meats or is it all bad?

What is wrong with whole wheat bread, english muffins, pasta, etc? I thought whole wheat carbs were ok.

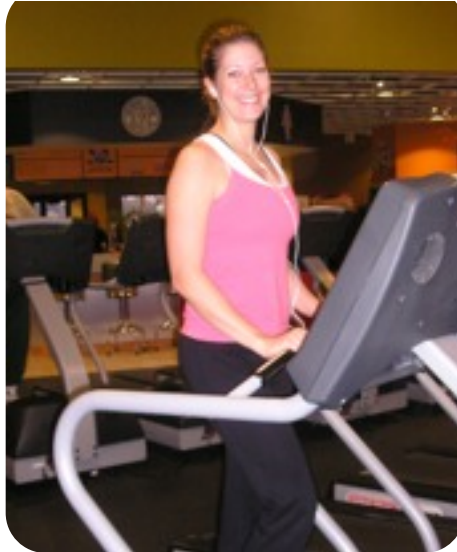
Cheese and yogurt--are these not a good source of protein? I thought they were, especially yogurt, low fat, a little protein...no?

Are red potatoes any better than regular ones? I thought they were healthier. We love red meat, but I feel like that isn't the healthiest due to higher fat content.

Is it true that aspartame slows the metabolism and in general is terrible for you? If you want light

or diet beverages, they almost always have aspartame in it.

Sorry for so many questions, I just feel disgusting about the way I eat after really looking more in depth at it and reading your essay. I feel like all the things I love are bad.



How do you make a lifestyle change when a huge number of the things you suggested eating are definitely not on my "likes" list? I can't believe I don't weigh 200 lbs when I look at even the things I thought I was doing good with! Thanks for your time, Erin Kuehn.

Three months later...

On October 29th my weight was 141.2 lbs. (an 11 lb loss since we met). My waist was 28.5 in (it was 32 in.) and bodyfat was 19.6% and BMI was 21.1 (bf was 26%).

I liked the story about Sherrie Hurley (last week's newsletter). She said her favorite moments are when she runs into old friends and what they have to say about how good she looks. Remember how I told you I was

under pressure to fit into a very slim-fitting straight dress for my sister's wedding? The wedding was October 24th. The dress did not fit when I tried it on the first week in September. By the wedding, not only did the dress fit like a glove (and looked damn good, if I can say that about myself) but my favorite moment that made my efforts really feel worth it was when at least a half dozen people came up to me at the wedding and said how could I have a baby and look so good? Even my 3 year old stood next to me as I looked in the mirror when trying on the dress and said, "ya look good mommy".

Why Did Erin Succeed?

Erin was unafraid to ask questions, and she came up with superb topics. Read through her queries; she really gave all of this thought, and never was defensive. Note she never says "But I always..." She was able to quickly understand that what she'd been doing for years wasn't doing the trick. Eating "healthy" is one thing, but healthy nutrition that supports your workouts, your body composition goals, and fits into real life is what gets the job done.

Erin's workouts only changed a bit; that was the least of all the changes we made together. She already worked out hard and with intensity.

Congratulations, Erin Kuehn, for taking charge of your workout and nutritional life!

Exercise Makes Us Fatter?

John Berardi of Precision Nutrition devoted space in his newsletter to the August cover story in *Time* magazine, and brought personality and smarts to his argument:

“...early August saw the publication of a highly controversial article in *Time* Magazine, an article called “[Why Exercise Won't Make You Thin](#)” by journalist John Cloud.

The thesis of the article?

“Pushing people to exercise more is contributing to our obesity problem.”

Huh? Exercise makes us fatter?

Rather than sharing the full works outstandingly well default position. He once he's adopted this myths to reflect on what

Exercise doesn't suck, myriad of benefits.

- It preserves muscle factor in independence
- It leads to enhanced aerobic and anaerobic fitness – two other key factors in successful aging
- It creates important biochemical changes – reducing disease risk and mortality rates
- It improves cognitive function and mood – resulting in an enhanced quality of life

Of course, I do agree. That exercise – without a good nutrition plan – doesn't deliver on weight loss promises.

Yet let's not throw the baby out with the bathwater. Exercise – with a solid nutrition plan – has been repeatedly shown to improve muscle strength, boost lean mass, and slash body fat. And both the research and the real world evidence has borne this out time and time again.

What do I think? I've known Berardi for many years and think he's incredibly intelligent in the world of sports performance and diet. I think you should read his entire essay, to be found at <http://www.precisionnutrition.com/exercise-still-doesnt-work>.

And if you want to read the *Time* magazine article, it's at <http://www.time.com/time/health/article/0,8599,1914857,00.html>



story – that exercise plus nutrition – he adopts a common journalistic becomes the myth-destroyer. And role, he's too busy destroying he's also destroying. Truth.

Mr Cloud. Exercise provides a

mass with advancing age – a key into our senior years and anaerobic fitness – two other key factors in