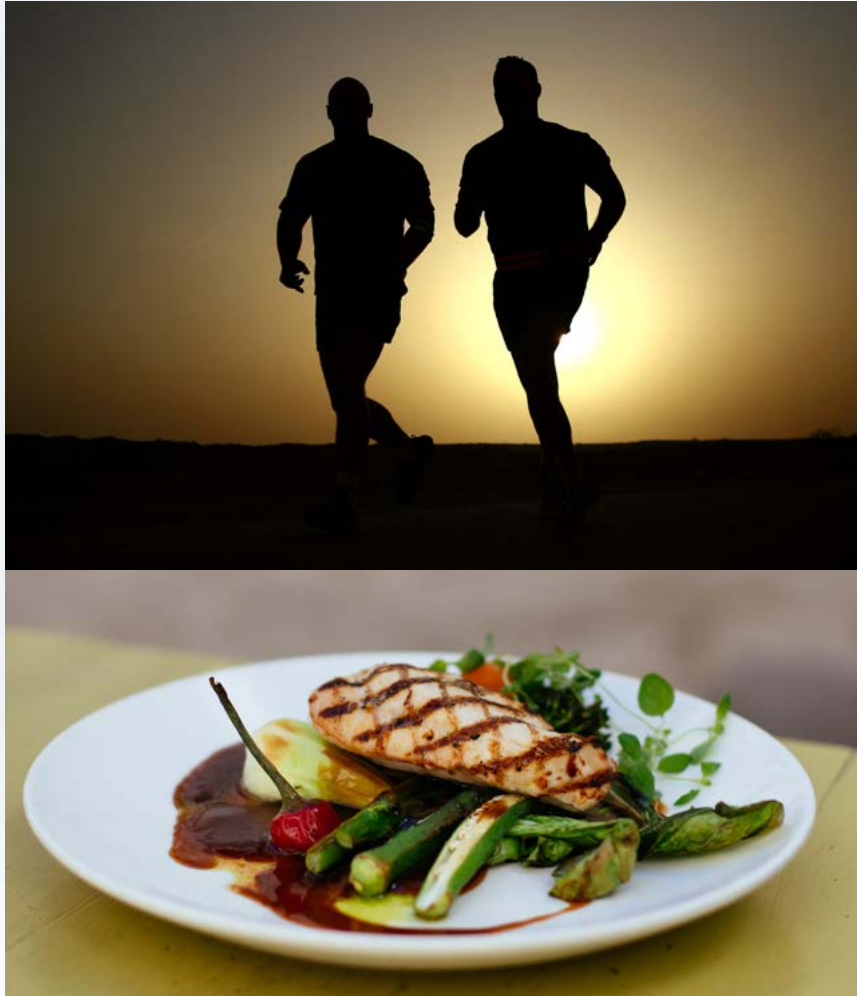


NINJA POET PRESENTS

FIND YOUR BALANCE BOOTCAMP



**“YOUR BODY CAN STAND ALMOST ANYTHING.
IT’S YOUR MIND THAT YOU HAVE TO CONVINCE.”**



FINDING BALANCE

BY SAM PIERSTORFF @njapoet

Life comes with its own inherent balance. That is to say, we only know two things for certain in our lives that we can all agree upon, which gives our life perfect balance:

1. We are alive right now.
2. We will be dead someday.

What matters then is the time in-between and how best we can balance it in order to have it all (as they say).

Stretched between life and death is a long tightrope that we must walk, and in order to live well, we need to find balance in our own lives in order to stay upright and constantly moving forward.



10 years ago

2 years ago

1 week ago

SO WHAT DO I MEAN?

When I say "balance," I am not just talking about a person's physical ability to balance on one foot or to walk on one's hands (I can do both, by the way). What I mean is this: In order to fully embrace your **FULL HUMAN POTENTIAL**, a mental and physical balance is absolutely necessary.

This MIND/BODY balance is needed for two major reasons:

1. With this balance, you will lead a fuller life of greater joy & positivity, which will improve your energy, your relationships, and your enthusiasm for living well.
2. When you find your own balance, you will be far more capable of seeing imbalances in the world and you will begin to help others find their balance.

SO WHEN DO WE WORK OUT?

We have already begun. :::insert chime here:::

You see, fitness begins in the mind. **Determination** is more important than deadlifts. **Motivation** trumps muscle. **Commitment** will do more for you than crunches.

So before we talk about what to eat and how to exercise, you will need to exercise your mind by asking yourself if you're ready to make a commitment for at least 30 days. Are you determined to stick to something despite the challenges and obstacles presented before you? Can you stay motivated every day, week after week, even as your aches worsen and your cravings cause you to drool like a teething baby? (Okay, it won't be that bad, but you get my point.)

If you answered NO to any of the above questions, then the next 30 days will be difficult and so will most of your life, frankly. If you answered (or at least mumbled) YES, then hang on tight for 30 days. Eat right. Exercise. Find your balance, and you may create habits that could change your life forever.

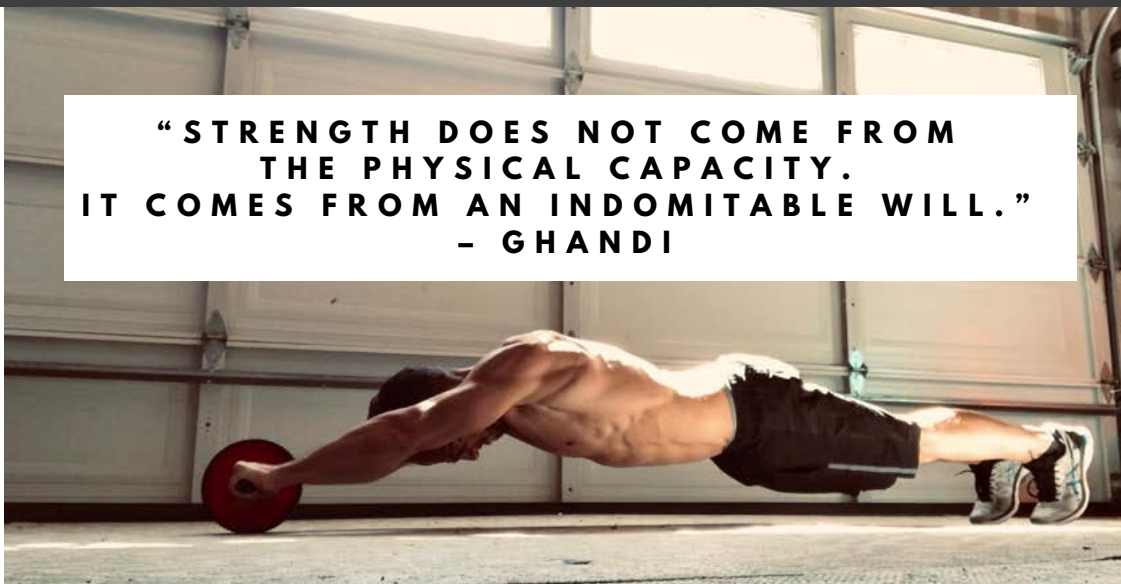


FIND YOUR BALANCE

EATING + BEING PRESENT

IG @NJAPOET

**"STRENGTH DOES NOT COME FROM
THE PHYSICAL CAPACITY.
IT COMES FROM AN INDOMITABLE WILL."
- GHANDI**



FOOD INTAKE: "6-MEAL SECRET"

This is it. This is the big secret that all bodybuilders know, but the general public is convinced that less is more when it comes to eating because when we think of "skinny" or "fit," we've been conditioned to think of salads or sugar-free diet bars or intermittent fasting. We certainly don't think of eating more often! Well, I have personally tried all that shit and more (lots more and some of it was very expensive and I am not proud of everything I have tried, but let's just move on now).

Having dabbled in many diets and having swallowed many pills that made lofty promises but never worked, I finally discovered the "6-Meal Secret" a few months ago (Spoiler: It's not a real secret at all) and within 30 days of eating regularly throughout the day, I saw faint ab lines that became deeper ab cuts. I became more vascular. Muscles began to show in weird, but anatomically correct, places. In short, I was getting "shredded." I felt like Wolverine, to be honest. (Disclaimer: I've been working out for years, but always carried a slightly chubby mid-section. I am now a 44-year-old man who is pretty stoked to be in the best shape of his life, which is why I am sharing my story, and although I can't promise you abs in 30 days, I can promise you that this program will launch you in the right direction.)

Okay, so here's the deal with food. Your goal is to eat 5-6 meals per day, every day. Aim to eat every 3 hours (+/- 15 minutes). **This is key.** You want your metabolism to keep grinding all day and not to stop or go into "starvation mode," which is when your body attempts to store calories during long hours between meals when it thinks you're not going to eat. Don't let your body hoard calories like some crazy granny hoards clown figurines. That's simply insane. Eat, eat, eat. Calories = Energy and we could all use more energy!

(Disclaimer: Although some people will disagree with my metabolic assessment, this has absolutely been my experience, and you're in my bootcamp, so I am the fucking authority here. Okay!? You want Jillian Michaels to train you? Sign up for *The Biggest Loser*, not this bullshit, uncertified, unsanctioned, Find Your Balance Bootcamp.)

Another benefit of eating regularly, and because you will be mentally anticipating food all day, is that you should never really feel hungry or worse . . . hangry. In fact, you should feel satisfied all day long. Think about that. If you eat food at regular, consistent intervals throughout the day, your body and mind should stay aligned and in balance. As a result, you should not experience emotional and physical highs and lows or the bursts of energy and sudden crashes that come after finally eating a huge meal for lunch (after skipping breakfast). In other words, eating this way may help even you out, stabilize your moods, and help you be more present in the moment. (Disclaimer: Some people will always be dicks.)

In order to eat regularly, you will need to be prepared by planning your meals (#mealprep) and having them ready to go! Here's what my typical meal plan looks like:

WEEKLY MEALS

MEAL 1:

*Two eggs + 2-4 egg whites
cooked in jalapeno olive oil
(or regular olive oil)

*One pack of plain oatmeal
(add cinnamon to taste and/or
chia for extra protein)

*One cup of coffee
(black or with almond milk)

*Drink one 16.9oz bottle of water

MEAL 2:

*Plain, untoasted, sourdough Thomas'
English Muffin with 1 tbs. almond butter
(Make in advance and keep in a Ziploc
bag near you)

*If needed/wanted, add two scoops of
protein powder to a cup of almond milk
and drink

*Drink one 16.9oz bottle of water

MEAL 3:

*GoFresh Meal with Carbs

*This meal should consist of the following:

- o 5-6 oz. of lean meat:
(turkey, chicken, ground beef, steak,
or fish (i.e. tilapia, salmon, shrimp, etc.)
- o 3-4 oz. of white rice
- o 5 oz. of veggies
(i.e. broccoli, green beans, asparagus,
brussel sprouts, cauliflower, etc.)

*Drink one 16.9oz bottle of water

MEAL 4:



*GoFresh Meal: No Carbs

*This meal should consist of the following:

- o 5-6 oz. of lean meat:
(turkey, chicken, ground beef, steak,
or fish (i.e. tilapia, salmon, shrimp, etc.)
- o 5 oz. of veggies
(i.e. broccoli, green beans, asparagus,
brussel sprouts, cauliflower, etc.)

*Drink one 16.9oz bottle of water

MEAL 5:

*GoFresh Meal: No Carbs

*This meal should consist of the following:

- o 5-6 oz. of lean meat:
(turkey, chicken, ground beef, steak,
or fish (i.e. tilapia, salmon, shrimp, etc.)
- o 5 oz. of veggies
(i.e. broccoli, green beans, asparagus,
brussel sprouts, cauliflower, etc.)

*Drink one 16.9oz bottle of water

MEAL 6:

*Last Meal: I consider this meal a "snack meal"
as I watch TV, read, or write)

o Options: Fruits berries/grapes/raisins),
Nuts (cashews/almonds), Jerky, Rice Cakes
with almond butter, sliced apples, etc.
(See Good Foods' List)

*Water is optional here (depending on how it
affects your sleep). But throughout the day,
your goal is to drink between 1/2 to 1 gallon of
water.



**EAT YOUR CARB MEAL ABOUT AN HOUR
BEFORE YOUR WORKOUT.
SWITCH MEALS 3, 4, 5 ACCORDINGLY**



*NOTE: MOST OF YOUR MAIN MEALS CAN BE REPLICATED IN A RESTAURANT IF YOU'RE A SOCIAL BEAST LIKE ME. FOR EXAMPLE, WHEN I GO TO VELVET GRILL FOR BREAKFAST WITH MY WIFE, I GET TWO EGGS OVER MEDIUM ON A DRY ENGLISH MUFFIN (NO BUTTER), A BEEF PATTY AND A SIDE OF FRUIT OR AVOCADO. FOR LUNCH, I MIGHT HAVE A BUNLESS BURGER WITH A SIDE SALAD, A CHICKEN CESAR SALAD (DRESSING ON THE SIDE) FROM DEVA OR A Q & L BOWL (QUINOA & LENTILS) FROM CHURCHKEY OR COMMONWEALTH (HOLD THE FRIED TORTILLA STRIPS).

JUST REMEMBER: EAT PROTEIN, GOOD CARBS (NOT FRIED), AND VEGGIES (NOT BATTERED OR FRIED). STICK WITH THOSE OPTIONS FOR NOW. WE WILL DISCUSS *CHEAT MEALS* IN A FEW WEEKS.



THINGS TO AVOID FOR THE FIRST 30 DAYS:

1

DIET SODA

Seriously. Fuck this shit. It's carbonated poison meant to create the illusion of being healthy, but it leaves you bloated, migrainey, and desperately craving more sugar or savory snacks to go with the soda. (Plus that fake sugar causes cancer in rats.) Stick to drinking water, black coffee (hot or iced with almond milk), tea, or carbonated water if you like the bubbles. (Don't add that powdery sugar-free sweetener or drops into your water either.)

2

ALCOHOL

Don't worry. You can drink. Even Lance Armstrong says he recovers with a beer. But you'll need to scale back a bit (or maybe a lot). Have no more than 2-3 drinks per week (if you must drink at all) and preferably after a long workout or run. That's not too hard, right? I didn't say no beer. Just less beer. If you're going out and want to drink, aim for clear liquors (vodka, tequila, etc.). Mix with LaCroix or club soda and add a twist of lime or have your drink on the rocks. Limit yourself, but don't deny yourself.

3

SUGAR

This is a big one. (That's what she said.) But really, this is my addiction, my vice, my Everest. And it may be your toughest challenge too, but for the next 30 days, I want you to stay the fuck away from sugar. A little in your morning coffee is okay, but that's it! No donuts, cakes, Ding Dongs, kids' granola bars, cookies, etc. Stay. The. Fuck. Away. Feeling desperate for sweetness? Eat a date or raisins. But ditch the desserts completely!

MORE THINGS TO AVOID FOR THE FIRST 30 DAYS:

4 FAST FOOD

Sorry. No Bueno. Stay Away! An occasional protein-style burger (lettuce wrapped) is okay to replace one of your meals, but the fries, shakes, onion rings and all the other greasy, salty, processed shit can't be a part of your daily intake of food.

5 SUPPLEMENTS

Unpopular opinion perhaps, but fuck all this expensive bullshit . . . for now anyway. A protein powder is okay. Adding a scoop or two to smoothies or in your morning oatmeal or adding protein powder into a glass of almond milk before or after a workout is cool. But Fat Burners, and BCAAs, and CLAs, and Hydro-Cut shit and blah blah pills that promise instant results—all of it is unnecessary in my opinion, especially at this stage.

(Note: Supplements may be VERY important once you're close to 10% body fat and about to compete on a bodybuilding stage, but that's not our goal yet.)

A good multivitamin may be helpful. Fish oil too. I, frankly, don't take anything and get all the good stuff my body needs from the healthy food choices I make throughout the day.



GOOD FOODS TO KILL THE CRAVINGS

SWEET

Blueberries	Dates
Strawberries	Apples
Raspberries	Bananas
Grapes	
Raisins	

SAVORY / CRUNCHY

Quest Protein Chips	Jerky (Beef, Turkey, or Chicken)
Raw Almonds	
Raw Cashews	Avocados with lemon & salt

MISC. TREATS

Ants on a log
(peanut/almond butter, celery, raisins)

Rice Cake(s)
(with almond butter & chia seeds)

GoFresh Date Balls

Sliced Apples
(with almond butter dip)

No-Bake Granola Bars
(Rolled oats, almond butter, chia/flax seeds, raisins. Mix. Freeze. Eat.

Protein Bars
(as an occasional meal replacement)

Hard boiled eggs

Mashed banana with cinnamon and chia

Riced Cauliflower

Sweet Potatoes

Quinoa

Tuna with mustard & relish (no mayo)

G.U. (before/during workout)





FIND YOUR BALANCE

EXERCISE + STAYING MOTIVATED

IG @NJAPOET

ANGER

STRESS

PRIDE

ANXIETY

ENVY

DEATH

NEGATIVE MOTIVATION

IF WE DON'T RELEASE OUR ANGER, IT WILL CONSUME US.
WE ALL WANT PEACE IN OUR LIVES, BUT SOMETIMES
WE HAVE TO MOVE THROUGH ANGER TO GET THERE.

So . . . what makes you mad? What stresses you out or pisses you off?
What are you afraid of? Who wronged you? Who do you hate?
When I say, "Fuck that guy!" Who comes to mind? Why?

After answering some of these questions in your mind, take a few minutes to write your thoughts below. You can make a list or tell a story or rant and rave. Just be honest and be angry! This anger is your fuel! Use it to motivate yourself to get stronger in the gym. Think of all the people who have said you CAN'T, and show them (and yourself) that you absolutely fucking CAN,



LOVE

RELATIONSHIPS

STRENGTH

SUCCESS

LIFE

ENERGY

POSITIVE MOTIVATION

"REFLECT UPON YOUR PRESENT BLESSINGS OF WHICH EVERY MAN HAS MANY -
NOT ON YOUR PAST MISFORTUNES, OF WHICH ALL MEN HAVE SOME."
-CHARLES DICKENS

So . . . what makes you happy? What makes you smile or fills your heart with joy?
What are you excited about? Who fills your bucket? Who do you love?
When I say, "Fuck yeah!" Who or what comes to mind? Why?

After answering some of these questions in your mind, take a few minutes to write
your thoughts below. You can make a gratitude list or tell a story or gush with pride.
Just be honest and be happy! Every bit of good in your life is fuel. You deserve this.
Push yourself harder knowing that it will amplify all that is good in your life
and, in fact, it will make things better.



EXERCISE GOALS: 3-4 DAYS PER WEEK



MOVE

Your goal is to **MOVE** for 30 minutes to an hour 3-4 days per week. You can certainly increase your days and duration and add weights when you're able to. If exercise is challenging, then walk. Walk every day if you can. Walk the dog, walk your kids to the park, stroll with your wife. But **MOVE** dat ass! Slow and steady is fine as long as you're moving, and you can always speed up later as you get stronger, which you will! Remember: walk, bike, swim, dance, or jog. It's all good movement.

If you are a complete fitness novice, ask me for some ideas, Google, or find a fitness/exercise app that works for you.

NO GYM? NO PROBLEM

There are literally hundreds of bodyweight exercises you can do at home without an expensive gym membership. Some of the best exercises include pushups, air squats, lunges, jumping jacks, sit-ups, etc. You can Google: "Bodyweight Exercises" or "Home Workouts" or use apps like Sworkit Fitness (great app!) if you're stumped for ideas.

And, if it helps, don't think of this as exercise. Instead, think of this as "me time." Use this time to de-stress and to breathe or channel your anger into positive energy or lift heavy because you simply love life and want to find your balance to live more fully.



"RESPECT YOUR BODY. IT'S THE ONLY ONE YOU GET."



PUSH-UP OR SHUT UP: MANDATORY DAILY EXERCISE



In addition to walking or jogging (or swimming or biking), I want you to commit to **DAILY** pushups at home. Pick a number between 30-300. And do that many pushups per day. They can be on your knees, but do them. Don't be intimidated by a big number. 100, for example. That's 10 sets of ten, but you have 15-16 hours to do them. So do 10-15 before every meal, for example. But do your pushups! This is arguably the BEST overall bodyweight exercise because it works the core, chest, triceps, shoulder, back, and more. Trust me. Pushups rule, and there are countless variations that make pushups even more intense. Feel free to increase your rep count as you get stronger or add weight to your back, or scale back if your body tells you it needs a break. Just remember: Being sore is normal. Push through that. However, if you feel real pain, then rest, ice, take a nice Epsom salt bath, or if the pain is really bad, call a doctor!

DAILY PLANNER

SCHEDULE YOUR MEALS & MOVEMENT

12am	
1am	
2am	
3am	
4am	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	

SCHEDULE

MEAL 1:

MEAL 2:

MEAL 3:

MEAL 4:

MEAL 5:

MEAL 6:

MOVEMENT:

**"IT'S NOT ABOUT
HAVING TIME.
IT'S ABOUT
MAKING TIME.
IF IT MATTERS,
YOU WILL
MAKE TIME."**

WEEKLY MEAL TRACKER



MON

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

TUES

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

WED

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

THU

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

FRI

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

SAT

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

SUN

MEAL 1
MEAL 2
MEAL 3
MEAL 4
MEAL 5
MEAL 6

NOTES:

WEEKLY FITNESS TRACKER



DATE

CURRENT WEIGHT

DURATION

ACTIVITY

S

M

T

W

TH

F

S

“

Take care of your body. It's the only place you have to live.

-Jim Rohn

”



PHOTO BY JEREMY CENTER

FIND YOUR BALANCE BOOT CAMP

FOR 30 DAYS . . .

- *STICK WITH THE PROGRAM W/O CHEATING
- *FOLLOW ME ON IG @NJAPOET
- *STRIVE FOR PROGRESS, NOT FOR PERFECTION
- *DO NOT GET DISCOURAGED
- *METAPHORS BE WITH YOU!

