

# LIVE YOUR LIFE AND LOSE THE FAT

GET LEAN  
STAY LEAN  
ALL SUMMER

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*A new book by Kevin Mullins*

KM  
FITNESS

***Legal disclaimer:** This book isn't meant to diagnose, treat, or cure any disease, metabolic condition, or physical limitation. Please consult your physician before beginning an exercise or dietary regimen to be sure that you are healthy enough to do so. Also, please realize that dietary guidelines are just that and not an actual prescription. Only a registered dietician can provide specific recommendations for you.*

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Let's face it, fat loss is hard enough. Eating right and exercising regularly is a challenge, but once the sun is shining, the temperature jumps up, and the sound of margarita glasses clinking fills the afternoon air, it can be downright impossible to improve our body. Weekend cookouts, baseball games, social Saturdays, and a desire to be doing something fun complicates an already arduous task of achieving our ideal body – all while still managing the day-to-day stress that is always present.

Fat loss is one of those goals that requires a willingness to forego the simpler pleasures in life in favor of a longer, more admirable satisfaction. The level of which someone must sacrifice is directly correlated to the level of lean they'd like to become, or the severity of their starting point. To this point - someone looking to get to 5% body fat must get as specific as possible with the details. Meanwhile, someone looking to drop sixty pounds can usually focus on simple health behaviors, and not radical diet strategies, to succeed. Their dedication though, must be equal.

Yet, many of us don't want five percent body fat nor do we need to drop sixty pounds of it in order to be healthier. For the most part people just want to lose enough fat and build enough muscle to present themselves as a fit and healthy. Many of these people are what I like to call "ten/tens" –

***People who would look radically different if they lost ten pounds of fat and built ten pounds of muscle.***

A ten/ten doesn't necessarily need to go on a radical diet to get results, so ketosis or periods of fasting aren't required, nor are two-a-days at the gym or cabinets full of pills and powders. There is no need to deny yourself the dish you crave at the restaurant or that glass of wine that has been calling your name after a long day. Hell, there won't even be a change in weight in this scenario, simply a change in what your weight is made up of.

Instead, you need to establish better habits for everyday life. For the times when you aren't being social and even the times that you are, meaning limit the extent of the damage you do when you are "living your life" and staying extra focused when you aren't. This balance, with a slight skew towards healthier living, allows you to enjoy your moments in the sun and still make progress with your fitness goals.

Yes, you can have your body and eat your cake, ribs, or that IPA too.

And you haven't heard that said to you yet because the fitness industry is rife with people eager to talk to the fringes, the five percenters on both ends of the spectrum that are willing to invest the most money into their health and wellness. They become customers for life as they chase ever-higher goals or begin yet another diet and exercise program to finally get their life on track.

The advice we give these fringes is more strict and direct than what you need for your goals, and so it frustrates you with its lack of flexibility and understanding. No one is speaking to you – the person who isn't ready for the cover of a magazine but isn't lost in the woods with no idea if a cookie is a carbohydrate. That's where this text comes in.

The great news here is that you are currently holding your guide to a leaner and more defined body while still enjoying many of the social behaviors that make the summer months so incredible.

Realize that each rule can improve your body on its own, but your results will amplify once all rules are used – like an engine firing on all cylinders. I recommend that you focus on the harder rules in isolation, for at least three weeks before taking on another challenging rule. Your goal should be to achieve a lifestyle that consciously, then subconsciously, includes all five. This way you'll ease into your improved way of life instead of diving head first into uncertainty.

Each of you will have your own way of wanting to go about this, but I'd recommend following them in numerical order – as I've carefully crafted the order to consider the nuances of the human metabolism and increase your chances of success. Some of you may be able to handle multiple rules at the same time, while others will need to emphasize each individually until they become habit. The key here is to be honest with yourself and be realistic about how much you can handle at once.

### **Is this book for you?**

If you are not a “ten/ten” body that doesn't mean you shouldn't read this text. The term ten/ten is just a term I've coined to describe people who don't need radical transformations to get to a better body. You might need to lose fifteen and gain five or lose five and gain ten – the point of the term is to classify the individuals that aren't nearly as far away from a leaner, more defined body as they think.

Or you may have downloaded this book because you were looking for cutting edge tips that have the latest science and biohacking information available, but you won't find those here. I still encourage you to read, however, as you'll find that maybe you are missing a habit that is keeping you from whatever you chase. We are a product of our habits after all and what we do daily is reflected in the mirror.

You may also be a person who is staring at a lot more changes than the average person that I've written these pages to, but I want you to feel right at home as well. See, the thing about a fat loss journey is that it must have a beginning like any great story. Harry Potter doesn't know he is the chosen one as he is stuffed under the stairwell of his Muggle step-parents' home. Your favorite athlete, musician, or actress didn't KNOW they were going to make when they began practicing at a young age – they just believed in their efforts and went to work. Your story is no different, so take these habits and just get moving in the positive direction.

### **Why I'm Writing this Fat Loss E-Book**

I wanted to take a little time before we get into the actual rules to help explain to you, my readers, that I'm writing this book because I'm just like you. I'm a guy who got into lifting weights, built some muscle and burned some fat and soon became a trainer. I graduated with a degree in Kinesiology from the University of Maryland with a minor in drinking kamikaze shots and dollar beers. I was so broke that I ate hot dogs and peas by the pound and flavored them with the salsas from Taco Bell and Ketchup.

As I became successful trainer in Washington D.C. my habits did evolve with my income, my drive to make it in this competitive field, and the common desire to be attractive. I ate chicken and fish, broccoli and asparagus, and left drinking behind me as I prepared for my attempts at reality shows, photo shoots, and continuing to attract the opposite sex. I was in tremendous shape and it showed not only in my body but in my lack of social life. I did nothing but eat, sleep and exercise.

A perfectionist attitude and raging ego can only get you so far though. Eventually, the life of a “ripped” person was miserable. This realization paired with some personal events left me with no drive to

exercise and a burning desire to have drinks with friends and throw down boneless wings from my favorite spot in the city. I packed on almost twenty pounds over the course of a year in which I fought with my identity and battled with my pride.

And now I'm here – a year removed from the strife and a few more from the realm of perfection.

*Want to know what here looks like?*

It looks like exercising in some manner every day. I lift heavy, go for long runs, train for Spartan Races by doing random shit in the gym, and even partake in Animal Flow, Yoga, and Pilates from time to time. I eat plenty of vegetables and healthy proteins, always have water by my side, and make it a point to get to bed a reasonable hour each night.

It also looks like me pouring myself a bourbon and ginger when I want it, having friends over my girlfriend and I's apartment for some drinking games and belly laughter. It looks like throwing down a few beers with my flag football team after a game or rearranging my schedule to catch a Nationals game on a Monday night and eating a BBQ pit sandwich and chasing it with an ice-cold beer.

I'm not the "ripped" model I was when I was 25, but I'm not far off either. I could flip a switch and be back there in ten weeks if I had to. But right now, I don't want to. Like you, I want to enjoy my life, my friends, and my food without feeling guilty every time. Like you, I want to ***be fit to live and not live to be fit.***

My clients are the same way too. Professionally, I've seen greater success with my personal training clients since I've changed my message. Instead of being the coach who says, "*do it perfect or don't do it all*", I've become the guy who understands the value of a fun weekend with family and friends and the coach who knows the tricks to getting back on track. My career and studies have granted me the skill set that allows me to guide my clients, and now you, to new heights of fitness excellence without beating you into the ground and ruining a perfectly good life.

And so, I'll share with you now the five habits, and a bonus one, that have helped me, my clients, and tons of other people take control of their lives by addressing their daily actions first and foremost. While reading each of the coming chapters realize that this road has been walked before by many others. These aren't some arbitrary tips thrown into the universe for the sake of filling space. To the contrary, these are the tried and true methods of my own practice, as well as the practice of many other coaches in the industry.

What I say isn't going to be novel or ground-breaking, but maybe I'll say it in a way that finally compels you to get to it.

So, with that said – Let's get it.

Before we explain how you are going to make this habit work for you let's get something out there right now. "Exercising" does not infer that you are killing yourself by spending hours in the gym and looking to set world records in intensity. That's only one way of exercising, because by definition, exercising encompasses all forms of conscious movement.

People in countries like Italy and Spain exercise everyday for the entirety of their lives, except they don't view it as exercise – it is just life. Much of the population lives amongst the rolling green hills of grape vineyards and olive trees, venturing to and from towns for commerce and visiting friends and family. In these lands cars are a luxury meant for longer travels; not the short kilometer or two most travel daily.

Whether by bicycle or their own two feet these people get around in a place where there are no fancy gyms with machines, barbells, and treadmills. Yet, they live longer than the average American. They are healthier too; with less fat mass, lower incidences of heart disease and metabolic syndromes, and exceptionally lower rates of type two diabetes.

We are talking about a population that eats pasta, fried foods, and drinks wine and espresso with nearly every meal. How can that be?

It's because they exercise every day – in the truest sense – and not in the sense that has become slang in American culture. It isn't maximum effort deadlifts or marathon training – It is simply healthy living.

With all of that said, it is important to apply this to you and your life. Surely you aren't going to read this book and decide to upheave your life and move to the Chianti region of Italy, although it would be a beautiful existence and a simpler life. No, you'll keep pushing with your career, raising your family, cheering on your sports teams, downing a few beers, and trying to be healthy.

So, that is why your first habit must be exercising every day.

Honestly, it boils down to Isaac Newton's 2<sup>nd</sup> law of motion: "An object in motion will stay in motion (or) an object at rest will stay at rest unless acted upon by an equal or greater force." We will do what we do until something comes along and breaks the stalemate. You want positive inertia in regard to exercise.

Thus, when it comes to losing body fat and living a healthy life there is no doubt that you'll want to stay in motion. Our bodies were designed to move throughout space, to lift things, run, jump and play. Denying this most basic, and beautiful, human capability is surely no way to live and certainly no practice capable of burning unwanted body fat.

You should move every day in some manner.

*"But Kevin, how am I supposed to work out every day? I have a job, kids, a spouse, and real responsibilities."*

The answer to your question lies in the simple fact that not every workout needs to take place at your local gym. In fact, not every workout needs to be hard enough to tire yourself out or sweat through your T-shirt. The truth is that every bout of motion and exercise adds up over time. Remember, the Italians and Spaniards aren't going to fancy gyms either. They simply stay in motion.



## **What Should You Do?**

You can do more though, so you should lift weights on a regular basis. Ideally, you'll lift weights that challenge you to complete six repetitions, sometimes ten, and other times fifteen. Experience a wide range of movements such as hip hinging, squatting, pressing, and pulling. Take the time master stability with exercises such as planks and develop your obliques with rotations. Lift barbells, dumbbells, kettlebells, cables, and anything else you can grab and move around for a while.

Strength training literally increases your metabolic rate over time as you develop increased muscle mass, which requires much more calories than other tissues. A person with more muscle mass will burn more fuel throughout the day for even the most basic activities. Thus, any fat loss effort without strength training is cheating yourself out of a better metabolism and a better body.

There should be an effort to become breathless at times by utilizing interval training. You should work hard for time and follow it with the appropriate amount of rest. Take that spin class, run a few miles around your home, and try that rower that's been sitting in your basement for years. Experiencing this sort of aerobic push helps improve the body's ability to utilize calories for energy, take-in and use oxygen, and resist fatigue. Even a circuit of exercises done with only your bodyweight can create quite the training effect.

We typically coach this style of workouts in the form of work to rest ratios. Start with a conservative 1:3 ratio and work towards achieving a balanced 1:1 ratio. An example of both would include working for thirty seconds and resting for ninety (if 1:3) and an equal thirty seconds (if 1:1). Over time you'll gradually get better and be able to work harder, faster, and require less rest.

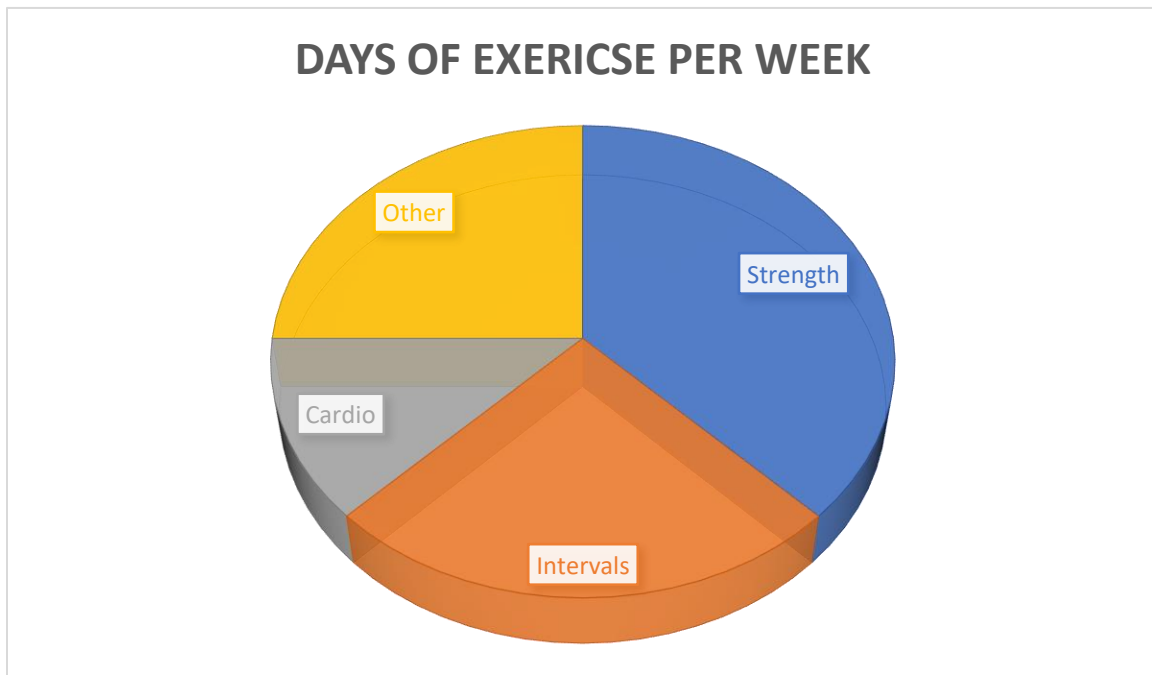
Don't hesitate to take a walk and catch up with friends, enjoy the peace and quiet of a slow stroll with your dog, or simply ride your bike to a destination instead of driving your car. There isn't a person in the world that doesn't benefit from a leisurely stroll – the endorphins alone can change a day. And yes, it does assist in burning fat by providing your body a long-term energy output stimulus. The burn is "low" like the setting on your stove, but it still requires more calories than sitting on your backside.

These 3 elements; strength training, interval cardio, and long slow cardio make up the playbook for your exercise behavior. Other modalities such as Yoga, Pilates, a long swim, hiking, playing sports, and even spending time just working on your flexibility can have a tremendous impact on your health and your physique. Aim to implement as many of these methods into your life as you possibly can. Sometimes you'll be stuck at home and need to resort to the minimum while other times you'll have the whole day to yourself and an empty gym as your canvas. Seize any opportunity to sweat.

## **How Long Must You Exercise?**

There is no one-size-fits-all for the duration of exercise, although many health organizations reference the standard thirty minutes per day, three days per week rule. While this rule is better than nothing, it also lacks specificity or clarity which can frustrate anyone trying to figure out what to do with their training. Below you'll find a more fine-tuned recommendation for your exercise regimen.

In total, you should aim to get at least 5 total hours of exercise each week. This should be broken up between your strength training workouts, some interval conditioning, a bout of slow cardio, and a few random sweat sessions when life gets in the way.



When strength training it is best to exercise for at least forty-five minutes, but preferably an hour. Your body will need time to recover between sets of various lifts and so you'll need these workouts to last a bit longer. You should lift at least twice a week, but three bouts of full body exercise are best for fat loss.

Your interval workouts, or conditioning bouts as we call them in the industry, should be somewhere between fifteen and thirty minutes. Your goal is to work hard for a short period of time and call it day – nothing more. You need only two to three bouts of conditioning a week to elicit excellent benefits.

Those slow and steady cardiovascular bouts should last at least a half hour and provide a low-level challenge to your body. Adding a hill or two could spike your heart rate and that's just fine, but don't worry about needing to kick your own ass in these workouts. You only need to do this once a week.

#### **Move Everyday**

I conclude this chapter by once again simplifying the message and appealing to your most basic level. Even if your travel schedule gets crazy, the kids are having sleepless nights, or your boss is breathing down your neck – realize that you can still find at least **twenty minutes** for yourself and your goals.

You must reach a point where that small fraction of time is non-negotiable. A body in motion stays in motion and does a hell of a lot better at burning fat. Maybe you'll read this book and decide that the gym still isn't for you – realize that there is so much you can do without ever setting foot inside one. A distaste for fitness facilities is no excuse for skipping exercise.

Your body will thank you and you'll be that much closer to your fat loss goals if you commit right here, right now.



You: *“Hold up, did you just say 7?”*

Me: *“Yeah, of course I did. Seven servings is a great number to aim for to ensure we get enough vitamins and minerals in our diet.”*

You: *“Yeah, I’m not sure I can name seven vegetables...unless we count wine...since it is made from grapes.”*

Me: *“Grapes are a fruit and wine isn’t a vegetable, but feel free to have a glass when you want one – don’t crush the whole bottle though; empty calories don’t shred body fat. Besides wine hangovers are the worst!”*

You: *“True that. Wait, you aren’t going to make stop drinking wine? I like you a little bit more now. Alright, seven vegetables it is...tell me how I’m supposed to do this Mr. Fitness Professional.”*

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No rule I’ve instituted with clients raises more eyebrows than eating seven servings of vegetables per day. Seriously, some clients would rather run through a brick wall or eat cardboard twice a week than to hear me say something they once heard from their grandmothers. But, as frustrating as the advice is – it’s right.

Thanks to the tremendous work of John Berardi and crew at Precision Nutrition we’ve agreed as an industry that vegetables and lean proteins need to be the backbone of a healthy diet. Their research concluded that somewhere between five and ten servings of vegetables per day leads to the best possible results.

***And seven is a lucky number, so here we are.***

The importance of vegetables in your diet is multifaceted. It is important to remember that you are doing more than just avoiding other foods by eating vegetables. You are also adding precious micronutrients into your diet, increasing your fiber consumption, and even increasing your water intake.

A simple example is that many leafy greens are high in vitamins and minerals that our normal diets typically lack. Vitamin A, D and K are present in considerable amounts as well as calcium, magnesium, manganese in both spinach and kale. This may sound like a nice answer for your last biology exam in high school, but there is real purpose here, I promise.

Vitamin A is critical for immune system function, healthy eyes, and the reproduction of cells throughout the body. Vitamin D is a critical catalyst for hormones such as testosterone and Vitamin K helps blood clot and keeps your colon functioning optimally. Those minerals listed are critical for cell reproduction, energy systems, and muscle contraction.

*See where we are going here?*

Eating vegetables in large amounts doesn’t just ensure that you are eating enough fiber, avoiding tempting foods due to being hungry, and listening to your grandmother. It provides your body with micronutrients – the building blocks of enzymes, hormones, and cells throughout your body. All work together to keep you running at your best.

And if you want to lose body fat while still enjoying some normal activities on the weekends, then you are going to want to be eating your vegetables every day. Providing your body with adequate nutrients can help digest and breakdown the less than perfect foods we might find at a cookout, at our favorite restaurant, or the depletion caused by one too many drinks.

### **What Should You Eat**

You are going to want to try and get seven servings of a vegetables from at least **5** different colors throughout your day.

I know, I know...I just added another stipulation without asking first. I'm sorry. But I want you to trust me that it is for your benefit. See, vegetables tend to have nutrient profiles that match their colors. It's not absolute, but it is a good eyeball test to ensure micronutrient balance in your diet.

- Carrots and sweet potatoes are high in Vitamin A, which gives them their orange color.
- Leafy greens like Kale, Spinach, and Arugula are high in Vitamin E and K
- Nightshade vegetables such as eggplants, tomatoes, beets, and peppers tend to be high in Vitamin B, C, and antioxidants such as lycopene.

I highly encourage you to do some research on google and find out for yourself. It's quite fascinating how all the plants found in nature can work together in harmony to provide you a full benefit of nutrition. Even better, the modern era makes it possible to consume foods from far across the planet that wouldn't have been available to your ancestors.

For now, eat the rainbow of colors every day and you'll be crushing your vegetables goals in no time. Snag a red, a green, a purple, an orange, and some yellow and enjoy the variety of flavors in your diet. Taking a trip to your local grocery store is your best way to achieve this goal. Don't leave the produce section until you've got at least five colors in your basket.

### **What Makes a Serving**

I'm going to keep this so simple for you it hurts. Seriously, I can't stand serving sizes when it comes to vegetables because NO ONE can blame their vegetable intake for their weight gain. If you are eating fresh vegetables, or even frozen ones, and you aren't adding any additional products such as butter, oil, or dressing, then there is no way a double serving of carrots will ruin your diet.

For measure though, your serving size for vegetables will be a lightly cupped palm of your own hand. The vegetables should be able to sit comfortably in the palm with a little overflow, but not so much you need the other hand to keep it together.

*You see how little a serving is?*

You can throw some vegetables into your morning omelet or scramble, assemble a super salad, snack on some carrots and peppers, and obviously surround your dinner plate. Your options are quite endless when it comes to how you get your servings. This isn't a cookbook, but I'll gladly answer your emails if you want some kick ass recipes sent to your inbox.

## What about Fruit?

Fruit are vegetables' much more fun cousin. It's why we add fruit to alcohol and not vegetables. No one wants a bourbon and broccoli, nor do they want Captain and Carrots. Some lemon, berries, or pineapple? Oh yeah, much better.

Regarding your daily consumption of fruit – let's aim to keep it at ***exactly two servings***. We want to limit the total sugar intake of fructose and glucose that comes from fruits. While it isn't as bad for us as a box of candy, a can of soda, or alcohol – it still spikes our insulin levels and can mess with our ability to break down fats as energy.

Moreover, fruits are higher in calories due to their sugar content but are low in weight – meaning they won't fill you up. It isn't uncommon to eat an orange or some strawberries and find yourself going back for more, or for other foods in an hour. There just isn't enough weight to satisfy true hunger. Your best times for fruit intake will be in the early morning and before or after a workout. These times are optimal because the body's need for simple sugars is increased, thus making a pathway for the sugars to be used quickly and effectively.

Avoid stacking fruit in with a high fat meal though. I'll save you the massive explanation, but it is not good practice to mix high sugar content with high fat content in your foods. Think of it as a traffic jam for your metabolism and an overload of energy in one sitting, thus causing you to store much of it as body fat.

A normal serving size of fruit is a bit different than vegetables. A small handful of berries and grapes, a slice of two of pineapple or melon, and a normal size tree fruit such as apples or bananas is the norm. The colors of your fruit matter too. Like vegetables, fruits contain vitamins that differ based on their color, family, and shape. For example, citrus fruits all have pulp centers that are high in vitamin C. Meanwhile, berries have a similar internal structure but provide high levels of antioxidants and minerals. Thus, balancing a banana with some blueberries or an apple with an orange is an excellent practice for your body.

Fruits and vegetables will provide your body with the necessary tools to create hormones and enzymes that allow you to have more energy, a more efficient metabolism, and a better quality of life. They are the cornerstone of a great diet and imperative to the success of your fat loss efforts. If you are going to be able to enjoy your weekend pleasures guilt-free, then you'll need to make your vegetable intake a top priority everyday – including those same weekend days.

Never compromise on getting your vegetables in every day. Seven servings are obtainable even on a social Saturday – you must prioritize your fitness goals before you let yourself indulge. Think about eating a vegetable-packed breakfast and a super salad at lunch before going out for an evening. You can have that drink, that burger, or that delicious desert on the menu every now and again, but you need to abide by your habits first.

This habit is nothing new. You've heard it from a friend who heard it on the news which got it from a study an editor skimmed looking for content. Water intake is so important that even your local news will tell you about it.

Known as the universal solvent, water is your life force. You can live a little bit without food, but water is a necessity. It hydrates more than just your mouth – it literally facilitates and enhances every single process in your body. There is nothing that water isn't involved in.

Sadly though, most people are walking around dehydrated. Their brain is foggy and their body inefficient. What makes this worse is that people aren't curing their dehydration either. They are choosing coffee, tea, soda, and junk food to make the exhausted feeling "go away".

**\*Spoiler Alert\***

Those behaviors are only cloaking your dehydration, contributing to furthering it, and causing you to take in unneeded calories. Start with water and then reassess. Even your morning coffee should wait until you've had at least a full glass of cold water to cleanse and jump start your system. You'll find you might not need it, and even if you do, you'll feel the effects much more profoundly.

You want to drink more water. In fact, you'll want to drink half your weight (in pounds) in water (in ounces). It's going to all but eliminate those blurry minds, endless yawns, and that annoying hankering for coffee and a treat. But wait there is more...

### ***What if I told you that water intake can help you burn more fat?***

See, hydrated cells operate more appropriately and utilize more energy, known as ATP. This energy must be replenished via blood glucose or body fat – either of which can lead to losing weight if we want to keep that as simple as possible.

In the easiest of terms – your metabolism works like a bank account – you must replenish what you've spent. Ideally you just deposit some money from your savings (body fat storage) to cover the balance of what you've spent, but it doesn't always work that perfectly. What you've eaten, when you've eaten, how hard you've worked out, and your hydration levels have a major impact on whether your body utilizes glucose or body fat as energy.

Hydrated cells make better use of energy substrates and ATP itself, which in turn lends itself to a more efficient body at work. A more efficient body **wants** to exercise everyday and **wants** to be replenished via healthy vegetables and proteins. You'll be surprised just how few chips you begin eating when you stay hydrated and well fed on the right foods.

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By this point you are getting that water is important so I'll save you more reading and get to the point. We aim for half our bodyweight (in pounds) in ounces because it seems to line up well with avoiding dehydration for most people.

**NOTE:** Exceptionally active people, or those who live in hot or cold climates, will need to have a bit more water though. It seems 2/3 of one's bodyweight is appropriate for these populations.

It should be stated that there is such a thing as over-saturation of water, which can throw off electrolyte imbalances, lead to G.I. issues, and cause energy levels to plummet. Those gallon-a-day challenges don't work well for a small body, and so non-specific measures of water intake are silly at best and dangerous at worst. Focus on getting your appropriate ounces and add in a glass or two as needed.

### **How to Drink So Much Water**

Getting your necessary water in throughout the day can be as simple as keeping a bottle or glass nearby you and setting an alarm on your phone every hour that cues you to drink. Obviously, a bottle will need less refills than a cup or glass, but there is no need to drop thirty bucks on a fancy bottle if you have cups lying around. Do whatever is easiest and least intrusive for you.

I personally love doing what I call the "hour chug" on days that I'm cranking out computer work. I'll fill up a ten-ounce glass every hour, on the hour, and slam it like I'm back in college and people are chanting my name. No need to break my concentration to keep my water intake in check. For me it simplifies the process of tracking my water.

Regardless of how you choose to get your ounces it is important to get them. Experiment with both methods until you find the one's that work best for you. Realize though, that your soda, alcohol, and coffee intake shouldn't be counted towards this number. Unsweetened teas and seltzer waters can count towards your total but shouldn't be a primary source. Realize that your body craves pure water.

### **What about water in the Morning and at Night?**

Drinking water in the morning is a practice in flushing your internal piping – a practice that can help clear bacteria from the tract as well as start your metaphorical engines. Your body begins processing the water into the kidneys and soon after the entire metabolism is revved up. Many people add a squeeze of lemon to further the metabolic effect. I personally think it just cleanses your palate nicely in the morning, but the verdict is for you to judge.

The morning glass should be a non-negotiable and be the ignition to your morning routine.

Now, night time water intake is very much person-to-person. If you are the type of person who must stop drinking fluids at 5PM to avoid a night of zombie walking to the restroom, then nighttime water isn't for you. If, however, you don't frequent the bathroom at night, then feel free to have an extra glass before bed. Think of it as a final wash of the system before you lie down on your back and shut off the turbines.

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If you notice by now – none of the habits have been revolutionary. There are no magic pills or plants from an Island in the Pacific. There is no exercise that burns fat at an exponential rate. Rather, there are habits – each of which creates a better human on their own, but when done in conjunction – lead to outstanding lifestyle changes and results. If you want to burn some body fat, live your best summer, and feel great doing it, then never skip out on your water needs.

Protein is the backbone of life, but it must be consumed in proper amounts that are in relation to our body mass, specifically our lean body mass. There are tons of formulas that are debated by coaches, scientists, bodybuilders, and nutritionists around the globe. I want to save you from all that mess and give you a simple measure.

***Everyday you should be consuming at least half of your bodyweight (in pounds) in grams of protein.***

*You: Oh, here we go again with the dividing weight in half to obtain some specific measure of a substance we need to put into our bodies at a minimal amount. First it was water and now it's protein.*

*Sheesh, Kevin...so much math.*

Yes, protein is another nutrient that needs to be ingested into your body in amounts (grams) that are at least half of your bodyweight (in pounds). Thus, a one-hundred and thirty-pound female should consume at least 65 grams of protein and a two-hundred-pound male should have at least 100 grams. Anything less than that and the body is at risk of atrophy – a process in which muscle cells are consumed for fuel, particularly in individuals who participate in rigorous exercise programs.

I highly recommend aiming for  $\frac{2}{3}$  of your bodyweight in grams of protein when you begin exercising at a higher intensity though. Anything less than that and your progress will be halted dead in its tracks by sore muscles, a fatigued brain, and dipping energy levels. Your body will be needing much more protein to fuel its exercise endeavors in addition to its standard functions.

Most athletes, bodybuilders, and elite competitors of a variety of events typically consume an even gram per pound of bodyweight, especially if muscle gain or strength adaptations are a desired outcome. If your goals are similar, or your exercise regimen is quite intense, then this consideration may be for you.

Yet, for the common person walking around looking to eat better, lift heavier, run further, and enjoy a cocktail under the summer sun – the measures prescribed here are a safe place to start. No less than half your bodyweight is a critical baseline. You can always adjust up as needed.

### **Why is Protein So Important?**

For one, your muscles are an accumulation of protein-rich cells. A muscle contraction is two protein filaments overlapping one another due to a loading force. Every tissue in your body, inside and out, is chock full of key proteins that dictate its structure and function. Your eyes, taste buds, small intestines, and biceps all rely on proteins to get the job done. You are literally protein.

Your body requires protein for survival first, and for optimal function second.

If survival doesn't sell you on the intrinsic value of protein, then know this: protein is a macronutrient which is much harder to assimilate into fat cells. This means that the body's need for proteins and amino acids is much greater than most people's feeding routines. It would take an absurd level of calories in a single sitting for proteins to be shifted into fat cells for storage; a level which we've all done at a buffet, but don't regularly experience.

Protein can become fat in extreme circumstances, but if you abide by the other habits in this text I can promise you that you won't have to worry about that. Its bio-availability lends itself to building muscle and burning fat. Not only are your muscles feeding off your protein intake to repair damage from workouts, but your entire body must work a bit harder breaking down proteins in comparison to carbohydrates. This thermic effect of protein can lend itself to additional caloric expenditure throughout the day, which adds up over time.

This isn't a license to go all-in on protein though. Some have had issues in one way or another by super dosing protein for extended periods of time, which at the very least annoys your kidneys and at the very worst can cause massive disruptions in hormone production. Consider your upper limit of consumption to be that 1 gram per pound of bodyweight we discussed earlier.

Hitting your ideal range though will boost your recovery from hard workouts, increase your muscle mass, spike your metabolic rate, and help you stay full longer, which as you probably guessed can help you avoid stupid cravings that have no place in your daily diet. If you are going to indulge a little this coming weekend, then you need to be wise on a Tuesday and eat your proteins.

### **How Should you Consume Protein?**

The entire supplement industry would just have you pound down shakes until you can't leave the bathroom stall at work. But, as you figured – that's not ideal.

Protein is found in varying amounts in all meats. Whether it is the traditional chicken, pork, and beef or wild game such as boar, bison, elk, and deer – protein is available. Fish also possess a great amount of protein as do eggs and dairy.

Non-animal products are an incredible option too, as brussels sprouts, peas, quinoa, lentils, black beans, and even whole grains provide outstanding amounts of protein per serving. It must be noted though – that not all amino acids are available via plants and so one must be conscious of mixing and matching their intake to achieve complete proteins. If you are vegan or even partially vegetarian it is important that you research complimentary proteins to ensure that you are doing right by your body. There some amino acids, known as essential, that your body can't produce internally and must come from your body – you'll want to make sure you are getting them.

And yes, protein shakes, bars, and meal replacements are fine, but should never be first choice. Save them for the times where a whole meal just can't happen. Trust me, your body prefers chewing whole foods and digesting them in the presence of other macronutrients and micronutrients. A chicken breast next to some vegetables and a sweet potato digests much better than a standard bar or shake.

### **When you should consume protein?**

Honestly, whatever time works for you is fine. Some people like to eat more in the morning while others consume much of their protein between lunch and dinner. The key is to try and average 1/3 of your daily total in each major meal – that way you are sure to hit your target if you eat on schedule. Healthy snacks or additional meals will bump you above your target, which we discussed as fine earlier, and so this method works best.

A person trying to eat 100 grams of protein would aim to consume at least 33 grams per meal if they didn't consume anything else. Eating this way would require a conscious effort to stack proteins in each



meal. For example, a two-egg scramble with spinach and black beans in the morning, a chicken breast and brussels sprouts at lunch, and a cut of salmon and peas at dinner should get this person close to their target. A random handful of almonds, walnuts, or a protein supplement could round out their day. As you see there was nothing crazy on the menu – just good whole foods.

Once again, the key here is to make your protein consumption a non-negotiable. It doesn't matter if you are out and about – order your meal with protein. Never just eat a meal with carbohydrates and fats. Ask for caloric breakdowns at restaurants if possible to ensure you get enough.

Do your best to also get most of your protein in prior to consuming alcohol. I know I'm telling you in this book to live your life, but there are a few science tidbits that just can't be ignored. The consumption of alcohol, especially in larger quantities, can halt the protein metabolism in your body, thus making your meals expensive waste. Moreover, your body won't stop needing proteins and so you'll end up breaking down your muscles for critical amino acids needed to keep your critical functions up and running.

Lastly, a low protein metabolism can contribute to foods and drinks converting to stored energy, or body fat, easier. After drinking your body works its tail off to break down the alcohol first since it is a toxin. This means any foods you consume while enjoying yourself aren't going to digest and absorb in an ideal way. So, skip the 3AM takeout order if you can and don't order the nachos when your favorite bar calls for the kitchen to close.

This doesn't mean you can't enjoy a holiday weekend or have to say no to wine at dinner either. I just want you to be aware of what happens when you begin partaking.

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Emphasizing proteins, vegetables, and water intake simplifies your diet down to the essentials. If you abide by these three habits – I literally promise you fat loss. Even more so if you push yourself with a great exercise program every day. Making the previous four habits a non-negotiable part of your life will contribute directly to the body you've been chasing. There is just one final link in the chain missing...

Which leads us to the last habit, and the one you'll fight me the most on.

Yes, I finally went there. First, I was in the gym with you and soon enough I was raiding your kitchen and standing over you with a pitcher of water. Now?

Now I'm in your bed.

OK, that came out a little creepy, but the point still stands. It's time to talk sleep and coach you on it.

And I'm coaching you to live in La-La land for as long as you possibly can every night. Sleep is so essential I could write an entire book on it, although other, more qualified individuals have knocked it out of the park already. Check out [Why We Sleep](#) by Matthew Walker, PhD for an amazing dive into all things related to sleep.

Yet, for the purposes of this digital text we'll keep things simple. We sleep because that is the time for our bodies to recover from the accumulated stress of our day. Everything from repairing cells, obtaining oxygen balance, and helping you forget that horrible meeting at the office occurs at rest. Oh yes, besides exercise and sex – sleep is the best stress-killer on the planet.

Try to do all three as much as you can and you'll instantly have a brighter outlook.

All the processes conducted by the body during sleep require fuel, but since your body isn't revved up and burning simple sugars or proteins – it is left to breakdown fat cells. Wow, that felt uneventful. Let me rephrase it in a more exciting way:

### ***Sleeping burns fat!!!***

It's really that simple. The body doesn't prefer fat as an energy source during high intensity activities because it requires much more effort to breakdown (it is nine calories per gram). This complexity often leaves it on the sideline during your favorite HIIT class but brings it to the frontlines when you are knocked out at night.

The low heart rate, minimal neural activity, and a high oxygen uptake makes using fat the ideal scenario for the sleeping body. This slow burning fuel provides plenty of bang-for-its-buck with its high caloric density and nearly endless supply. So, tell me again why you don't want to focus on getting adequate sleep?

Sure, that third straight episode of Game of Thrones might just be the one that fulfills you or that fifth straight episode of Impractical Jokers might make you laugh away your day. Chances are though that you'll stumble to bed later than you should and wake up feeling like you've been hit by a Mack truck and left in a room where *Staying Alive* by the Bee Gees is played on the hour to prevent you from sleeping.

Sounds like your every morning doesn't it?

Well, the good news is that you are probably in control with this one. There are some professions such as lawyers, doctors, nurses, and law enforcement who may need to be available into the wee-hours of the morning. Others may need to finish a project or else face the wrath of their bosses. While these people need their sleep – they also get a hall pass considering the reasons behind their tardiness to bed lie within the realm of professional responsibility.

Sitting up watching TV, playing video games, surfing Instagram for the ninth time, or recording your rendition of *Wrecking Ball* doesn't hold the same weight – and is probably why you are holding additional weight. So, cut the cords, put down the devices, and crawl into that comfortable bed at a reasonable hour.

I'm prescribing a minimum of seven hours although eight and nine hours are beneficial too. The jury is still out though on whether they are more beneficial than seven. It seems the only difference between seven, eight, and nine hours of sleep is you – as in how you respond to these doses. Some people get nine hours and feel like they could conquer the world while others feel like they've been drugged. We all have a sleep cycle that is unique to us and so the specifics may vary, but the consensus is that we need at least seven hours.

### **Going to Bed and Waking Up**

Maximizing the benefits of sleep is so much more than simply getting the required hours each night. It also requires that we do our best to maintain a regular schedule so that our bodies can better manage our internal clock. Our Circadian rhythm functions to regulate or hormone release, our appetites, and our desire to wake and sleep. AKA – it's darn important.

Maintaining this rhythm also makes falling asleep much easier because your body is **actually** tired at night. Just the same, waking up becomes less of a chore when you become accustomed to waking up within the same hour each day. Trust me, as a trainer my alarm goes off far too early, but the longer I do it and the more I regulate my schedule – the easier I pop out of bed in the mornings and get going.

Do your absolute best to go to bed and wake up within the same hour every day. Of course, there will be late night sporting events, presidential debates, nights out on the town, and movies with your significant other. There will also be lazy mornings in bed and a few days of nursing a hangover. That's called life. And life is worth living.

So long as you make your sleep habits a non-negotiable part of your routine you'll be able to handle the one-off situation that arises every now and again. Just do your best to not make it every weekend.

### **A Quick Thought on Naps**

Naps are a gift from the universe when you can get them, or better yet, **if** you can get them. For most people a nap just isn't going to happen since the prime opportunity to get one is usually amid a workday. Yet, some days the opportunity might present itself and I advise you to settle in and enjoy a twenty to forty-minute nap.

Naps are like restarting your computer or device – they tend to debug the system a little, reboot the core processes, and improve performance. So, if your day is kicking your ass or you feel like you are dragging, then a nap has your name written all over it.

The key is limiting the length to about twenty minutes or forty minutes and nothing in between. It's because our body's REM cycles typically last twenty or so minutes. The last thing you want in a nap is to wake up during a cycle and wonder who you are, where you are, and why you're not wearing any pants. So, finishing out your nap right as a cycle is also ending is the perfect outcome.

I must also caution you against napping for any longer than forty minutes too.

The body essentially has two sleeping modes: Napping and Deep Sleeping. No, this isn't ground breaking science – just some layman's terms of how your body treats your short-term sleep cycles vs. your long term. Napping for a few hours may sound like a great way to spend a Saturday, and it just might if you had a crazy Friday night, but you'll actually want to avoid the multi-hour nap.

Once again, our Circadian rhythm comes into play. Longer duration naps begin to confuse our body's natural clock and can upset hormone release, stunt your metabolic processes, and even mess with your hunger cues. You've probably done it before, but these types of naps tend to make it harder to fall asleep at night, which deprives of us deep sleep and makes us miserable in the morning. This can create a cascade of poor sleep and nutrition habits that last for days.

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Twenty to forty minutes is best if you are going to nap and seven hours is the bare minimum for when you settle in at night. Getting the right amount of sleep is the most important thing you can do for your body and your life. Numerous studies have shown that the hours we sleep are directly correlated to our mortality risk. I know this book is about fat loss, but don't you want to live a bit longer too?

All the habits in this book are designed with your fat loss in mind and sleep is no different. But at the same time there are values much greater than even our aesthetics. Avoiding diabetes, obesity, hypertension, heart attacks, strokes, and premature death should be a goal of all of ours. Abiding by the habits in this text will help you do just that, but sleep and exercise may just be the biggest players in this category. Do right by those around you and take care of yourself by getting good sleep.

I truly despise referring to decisions regarding diet and exercise as either good or bad. Assigning a cosmic value to whether you eat spinach, lift weights, and drink enough water is a bit much. Decisions in this realm can't really be good or bad – they are just decisions that you must live with. There is no atoning for a bad weekend, nor is there a bank of goodwill stored up when you work out every day.

But for the purposes of this bonus habit I want to keep things crystal clear and establish that crushing a fatty dinner and following it with who knows how many drinks isn't exactly good for your body. Meanwhile, hitting the gym, eating your vegetables, and going to bed at a reasonable hour is great for your body. Knowing that difference is critical to understanding the following point.

With that said, let's dive in.

Everyone likes a night out and a fancy dinner with ingredients you can't pronounce. Hell, it could just be the all-you-can-eat special at Red Lobster or a Happy Hour after a big win at work. What drives you to let loose doesn't matter nearly as much as the behavior of limiting yourself to just that thing. There is absolutely nothing wrong with saying "screw my diet, I'm eating cake" at your child's birthday party that you so graciously decided to host. Neither is having a glass, or bottle, of wine after all the little minions leave your house.

***What is wrong is doing them both on the same day or same weekend.*** You should avoid compounding your "bad" behaviors on top of each other. Consistently abandoning one's diet or bypassing the gym becomes habit just as doing the right thing can become habit. So, when you go off the rails for a weekend you can not only stop the ball, but also cause it roll back in the other direction.

Remember that lesson on inertia? It functions as a law over you as an individual too. You are either sitting still, moving backwards, or hopefully, moving forwards.

Stacking multiple "sins" on top of each other slows your positive momentum. Continuing to stack them over the course of a weekend, or worse, into the next week can completely reverse your progress – and fast.

So, look at your schedule and plan for your affairs. Don't skip exercise (you shouldn't be anyway) and choose to go to Saturday and Sunday brunch. And don't come home from a night at the bar and order pizza from the only place that still delivers at 3AM.

Now we don't want to create a relationship with food and exercise that states "I only do this because I'm undoing the bad". For one, it doesn't work that way. Exercise doesn't absolve laziness and a few days of spinach salad doesn't undo a bucket of cheese fries. What's done is done no matter what and it's most important to focus on getting back on the wagon when you slip every now and again.

What this rule is really stating is – don't do silly shit for an entire weekend and expect that five more days of good behavior is going to undo it and help you make progress at the same time. Don't compound those times you decided to let loose with another three mistakes that were justified with a "screw it" attitude.

Be accountable for yourself and your progress by having your cake and taking a run too.

### **What about Vacations and Weekend-Long Events?**

The best thing about all the habits listed in this book is that they travel. They are not bound by the walls of your gym nor are they forcing you to abandon free will and stick to a minute-by-minute calendar. My goal with this text was to provide you the backbone of your lifestyle – a series of non-negotiable behaviors that can be accomplished in a variety of ways regardless of where you are. From there you are more than welcome to add more strict details or specific exercises that get you where you want to be.

And with that said realize that you can exercise every day, in some way, no matter where you are in the world. A twenty-minute hotel workout is ALWAYS better than no workout. A crazy day managing kids at home is more than enough stress for a day but throw those little guys and gals on your shoulders and do some squats and lunges.

Your beach vacation in Miami might feature all the Mojitos your wallet can afford and later nights than you are used to, but that doesn't mean you can't take the time to order your vegetables and lean proteins during meals and keep your body hydrated throughout the experience. Get up each morning and take a jog, a bike ride, or pop into a local gym and handle your business. It's really that simple.

Be sure to get back on the proverbial horse as soon as you get home too. Don't let your vacation drag out into the days and weeks after you return home. Maybe you've compounded "bad" behaviors while on vacation – that's fine – now start compounding "good" behaviors as soon as you're home.

So, remember that just because you are on vacation doesn't mean you to have to let go of every element of positive control in your life. You can do better than that and you know. Choose to take the high road and challenge yourself when you can and live freely otherwise.

I'm not demanding that you deadlift 85% of your max for 6 sets of 8 at least three days a week or screaming that you only cook meals that you prepared on a Sunday afternoon. I don't want you feeling like what I've prescribed to be impossible to maintain. I want you to close these final paragraphs down by thinking to yourself – ***I can totally do all this.***

I don't want you to feel like you must track every calorie, lift specific weights for specific repetitions and run until your legs fall off. No, it's quite the contrary.

I want you to push yourself to establish better habits – ones that not only allow you to live your best life this summer, but beyond. I want you to get so used to eat seven vegetables everyday that you feel a little off when you don't. I picture you getting a little fidgety on days where you are struggling to find time to get a hard workout in and overjoyed when you finally sneak away from your office for some mid-day sweat.

This book isn't claiming to have EVERY answer. I assure you that. I'm simply treading the shallow parts of the water for you, so that you can feel more energetic and possess more skills in your toolbox to burn fat, build muscle, and avoid summer weight gain.

***There are*** more specific ways of burning fat faster and building more muscle. Lifting heavy weights via the compound lifts – squatting, deadlifting, swinging, pressing, and pulling – are damn near guaranteed to get your looking and feeling better. Doing sprints, pushing weighted sleds, slamming battle ropes, and most the stuff you see on Instagram does burn fat and make you a better athlete.

Limiting your starchy, grainy, or sugar carbohydrates does work by putting your body into some level of ketosis and forcing you to use alternative calories as a source of energy (hopefully body fat). Consuming additional protein and healthy fats such as coconut oil, avocados, walnuts, and salmon is an incredible behavior for turning your body into a fat-burning machine.

Sleeping eight to nine hours, avoiding blue light at night, getting exposure to sunlight for at least thirty minutes a week, limiting caffeine intake, supplementing with turmeric and fish oil, meditating regularly, and having frequent sex are also behaviors that lead to leaner, more fit, more well bodies.

But all these things require a bit extra commitment. Yes, even the sex is work. That commitment can weigh you down as you also juggle your career, your spouse, your children, or your desire to have a social life. It can be too much, and you end up saying screw it all and drinking one-too-many beverages and eating pizza while scrolling your Bumble account on a Tuesday night.

Ok, maybe you're past the online-dating phase or never even tried it; replace Bumble with Netflix and you get the point.

Ultimately, it is your life and you can choose to do whatever you want with your life and body but realize that you don't have to adhere to some bullshit line of thinking that is so black and white. You don't have to act like the people on Instagram (because most of them don't act like that anyway) and you don't have to be a complete lazy fool either.

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No matter what I want you to realize that what you want is possible. You can enjoy your life and lose body fat – within reason. Think of it as a seesaw.

If you choose to put too much of your effort into “life” you’ll find that you are not losing fat. In fact, you might even be gaining it and losing muscle mass if you go too far to the other side. Meanwhile, if you go completely to the “fitness” side of the seesaw you’ll see your body changing on a weekly basis. Your

muscles will be defined, and your body will look and feel great, but you might be bored, lonely, and dying a little on the inside.

You just must strive to keep your seesaw with a slight tilt towards fitness most of the time because you know at some point there will be bottomless mimosas, a pair of concert tickets, or a cookout at your best friend’s house. All these things are sure to tip the saw the other way. But’s that is perfectly fine because you are now equipped with the tools to bring it back to balance and even better, tilt it back towards fitness again.

Now enough of my words. Go live your life!

<-- Save Me to Your Device\*\*\*

*Thank you for taking the time to read this book. I know you didn’t pay for it, but it is still so flattering to know someone is reading my work. I truly hope you’ve enjoyed your experience in this text and leave it feeling more empowered to succeed.*

*I’m always available for your conversation, no matter where this career takes me.*

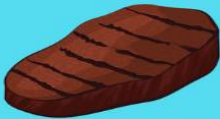
*Kevin*

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## How to Lose Fat and Keep it Off

THE 5 CHECKLIST ITEMS YOU NEED TO NEVER LOOK BACK

### 1.) GET YOUR PROTEIN



Every cell in your body relies on proteins to get the job done, especially your muscles. Aiming to consume half of your bodyweight (in pounds) in protein (in grams) is a critical first step towards burning fat and keeping it off. Feel free to go as high as 1 gram per pound, but you don’t need more.

### 2.) EVERY MEAL HAS AT LEAST 2 VEGETABLES

Make the vegetable content of your meals a non-negotiable by ensuring you are having at least two servings of vegetables in each. Think veggie scrambles, salads, and dinner plates full of color.



### 3.) EXERCISE DAILY



Whether you lift weights, go for a fun, take your favorite group fitness class, do yoga, or simply walk around your neighborhood – activity is ALWAYS better than inactivity.

Aim for at least 20 minutes a day, everyday, and never rationalize yourself out of it.

### 4.) DRINK WATER

This is not new advice, I know, but it is so important for you to get at least half of your body weight in ounces of water everyday. (Think 75 ounces for a 150 pound person). Water aids digestion, keeps cells healthy, boosts your energy levels, and can help keep your cravings at bay.



### 5.) SLEEP AT LEAST 7 HOURS, REST FOR 8



Numerous studies throughout the years have pointed out the importance behind the amount of sleep you get and your productivity, body composition, and more. Get at least 7 hours of sleep each night.

An additional hour of rest such as meditation, reading a book in silence, or simply lying in your bath – can unlock your mind and your body.

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# LIVE YOUR LIFE AND LOSE THE FAT

About the Author



Kevin Mullins, CSCS, is a personal trainer and group exercise instructor located in Washington D.C. USA. He is currently a Master Instructor for Equinox Sports Club, and holds the following certifications: ISSA CPT, USAW Level 1, PN1, Schwinn Cycle, and Animal Flow 1. He also has a B.S. in Kinesiology from the University of Maryland.

As a personal trainer, Kevin strives to unite a memorable, fun experience with the correct science and kinesiology applications for each individual client. Adhering to the laws of science while tailoring to the specific needs of an individual is the best recipe for physical fitness. Kevin uses a variety of equipment and methods to help his clients achieve his goals.

As a writer, he has regularly contributed to PTontheNET and the Personal Trainer Development Center, has written for Men's Health and Met-RX and maintains his own website KevinMullinsFitness.com. Recently

Kevin was published in the peer review publication NSCA PT Quarterly, Issue 5.2.

In addition, Kevin has published a digital book for sale via his website on the topic of Program Design. The book, Elite Program Design Concepts, has sold hundreds of copies in twenty-three countries in just six months and has helped many trainers elevate their careers and their clients to the next level. You can purchase his book by [following this link](#).

In the past, Kevin has been featured as Men's Health Next Top Trainer finalist, as one of Women's Health's "Fittest Trainers in America" in 2015, and has made appearances in Indie films, music videos, and even made an appearance as an extra in a popular Netflix series.

On a personal note, he enjoys a great glass of bourbon with a splash of ginger, live EDM concerts in his living room or at an arena, hosting friends on the weekends, and occasionally getting his butt kicked by thirteen-year-old kids in online games. He is also happy to have found his soulmate, a fellow trainer and writer, which you can follow at [WhitneyKling.com](#).