

“CAUSE AND EFFECT”

For every action, there is an opposite and equal reaction. It is one of those universal truths that apply to so many things in life. Let’s take a look at cause and effect and how it applies to you achieving a lean physique.

In the movie the “Matrix Reloaded,” Neo goes to see a trafficker of information known as the Marovingee. The Marovingee had this to say about cause and effect:

“You see there is only one constant, one universal, it is the only real truth: Causality, action and reaction, cause and effect.”

“Causality, there is no escape from it. We are forever slaves to it. Our only hope, our only peace is to understand it, to understand the why. Why is what separates us from them, you from me, why is the only real source of power and without it you are powerless.”

Let’s take a look at some of the “whys” behind seeing results from your training so that you can gain some powerful insight on how to create a leaner physique.

<u>CAUSE/ACTION</u>	<u>EFFECT/REACTION</u>
Fail to get to the gym one day	No big deal, life goes on
Fail to get to the gym for a week	Positive adaptations begin to erode
Fail to get to the gym for two weeks	Lose benefits and start to store fat
Miss a scheduled meal	Hunger increases and more likely to crave fast foods and unsupportive meals, increase likelihood of binging
Skip breakfast	Body breaks down muscle tissue for energy and metabolic rate suffers
Metabolic rate decreases	Fat accumulation more likely
Perform cardio workouts	Improve health, cardiac function, burn calories, may be catabolic if too much cardio is performed

Perform regular resistance training workouts	Build muscle, increase metabolic rate, turn body into fat-burning machine
Perform consistent workouts	Build a strong, lean, and healthy body, maintain a healthy weight and body composition
Eat small, frequent meals	Stabilize blood sugar levels, fuel body, maintain high energy levels, minimize fat accumulation
Eat infrequent large meals	Cause a substantial blood-sugar rise and consequent Insulin release possibly leading to greater fat storage
Eat more calories than you expend	Gain weight
Eat less calories than you expend	Lose weight
Eat nutritious foods in appropriate amounts	Lose fat weight
Create a caloric deficit of 3,500 calories	Lose 1 pound
Eat a surplus of 3,500 calories	Gain 1 pound

If your diet isn't where you want it, you've got to take that critical one hour of your week to plan your grocery list, keeping in mind quick snacks for car and home. If training routine is not where it should be, take some steps to make it better.

For example, if you plan for an hour before you go to the grocery store, you will have better food choices at home, if you have better food choices at home you will be more likely to stick with your dietary goals. Remember there is no escaping Causality.

The same holds true for training. If you take some time each week to plan out your workouts (or have someone else plan them for you), you will know exactly what you are doing each day you walk in the gym, if you have a plan you will be able to achieve specific results, achieve specific results and achieve your fitness goals.

Understand the effects of your actions in advance so that you can predict the outcomes effectively. By understanding 'Causality' you will gain power over your physique and develop the body you are working for.