

WILD TRAINING

MONTHLY ARTICLE FROM JAMES GRIFFITHS
INDUSTRY INSIGHTS - EDUCATION - PERSONAL TRAINING



THIS MONTH'S FEATURES

The Key Systems

Caffeine

Alcohol

The Magic Pill

THE SIMPLER THE BETTER

CAN NUTRITION BE STRAIGHT FORWARD?

If I have to keep it short, then this is the shortest I can make the key components of eating well for health, fitness and longevity.

I have two goals with my nutrition:

- Don't age negatively
- Fuel my body so I can be my best everyday.

I don't want to have less options in how I can enjoy my life as I get older just because I didn't look after my health. If I don't have my best energy everyday, I'm wasting time, and I don't want to waste a second of my time.

To achieve the above I simplify what I'm trying to achieve with my nutrition. There are 4 key systems I need to look after:

Oxygen delivery system

Blood sugar system

Digestive system

Adrenal system

Adrenal health being your hormones and liver function and in my experience the biggest variable in the results that people see.

We describe in detail how to look after each of these systems in the 21 day Wild Shred plan available on the Wild X fitness app. You can download the Wild X app and get a 7 day free trial.

"IF THEY ARE ALL WORKING WELL, AND WORKING TOGETHER THEN MY BODY IS GOING TO BE RUNNING AT IT'S BEST, IN A SUSTAINABLE WAY".

If you are damaging any of those systems with your lifestyle, you aren't living healthy, you won't be able to sustain it, and you will never feel or look your best consistently.

My food rules are pretty simple.

THE WILD 5 - FREQUENCY, VARIETY, QUALITY, COLOUR AND BALANCE.

These rules are also broken down in detail on the 21 Day Wild Shred plan that is included with the Wild X fitness app. Learn those rules and get them 80% right all the time, and you will be amazed at the impact it has on your body and energy.

This is where lots of people that struggle with their food and lifestyle feel that the above is all too simple. I've never met an athlete or model that thought a plan was too simple to benefit them.



The above is simple but applying it practically takes a decent amount of effort and change to most people's lifestyles. That is the challenge. Everyone wants the quick fix. The secret diet. The magic supplement, it doesn't exist.

You look exactly the way you deserve to look. You are a mirror image of your lifestyle, so if you want to feel good and look fit, live that life.

So rather than detail all the things to do, now I'll talk about the biggest mistakes I see people make and what stops them looking and feeling the way they want to.

Water is more important for health and staying lean than anyone gives it credit for. Water has zero calories in it, but we burn 23 calories for every 500ml that we drink. So if I have a twin, and my twin drinks 3 litres of water everyday and I drink 2 litres of water everyday then my twin will be over 4kg of fat lighter than me after a year.

That is too easy for us not to get it right. Drinking more water will help you with water retention issues, give you more energy and get most of your bodily systems working better. Drink more water and don't go over 4 litres a day consistently. There are ways of keeping it enjoyable by adding cold water fruit teas and electrolytes to your water.

Dairy is one of those things that everyone gets confused about. Eggs aren't dairy. Dairy relates to products that come from animal milk. In all my years of coaching everyday people and athletes, I have never seen someone remove dairy from their food intake and not feel, and look better for it. We don't need it. A little bit in your cereal, your tea, your coffee, that biscuit, cheese in your meal, that low fat Greek yogurt. It all adds up and it affects those key systems in a negative way. Dairy creates an inflammatory response in your digestive system, so if you're feeling a bit bloated in the evening take a look at your dairy intake and cut it out.

"EAT AS MUCH NATURAL, COLOURFUL FOOD AS YOU CAN THAT HASN'T TRAVELLED THAT FAR TO GET TO YOUR MOUTH. LOCAL FOOD IS OFTEN THE MOST NUTRITIOUS".

Refined grains are the rubbish white or brown carbohydrates we often eat on the go. Mass produced bread, cereal bars from the petrol station, biscuits, low quality noodles or pasta.

The actual food in these products is tough on the digestive system and often affects our blood sugar in a bad way. That's two of our key systems under fire.

Add in the GMO and funky additives that often find their way into these foods, or into the processing of these foods and that sort of stuff can impact your adrenal system too.

Caffeine isn't a disaster. Chemically I have zero issues with it, but caffeine is often connected to a lifestyle that doesn't fit for good health. The obvious issue is a lot of coffee and tea drinks get the dash of dairy. Easy to sort if you opt for hemp, oat, coconut or almond milk instead.

"USE OF ALTERNATIVE DAIRY REPLACEMENTS ARE INCREASING, MOST OPTIONS ARE NOW AVAILABLE IN COFFEE SHOPS".



The other issue is the fact caffeine has a six hour half life. What that means for me is I have to avoid caffeine after midday, otherwise it will impact my sleep, and sleeping well is connected to everything to do with our health.

Good sleep equals good energy, good mood, good training, good recovery, slower ageing. Sleep is a big priority so avoid caffeine after midday. The other issue I often see with caffeine is people fuel massive chunks of their days on caffeine, instead of good food.

Six or more hours between food intake, and somehow your blood sugar is supposed to cope?

Instead of food and balancing your blood sugar throughout the day people choose caffeine which in turn chronically elevates their adrenals and causes a negative impact to not just blood sugar levels but the adrenal system too.

So a black coffee in the morning, a couple of small espressos before midday, or with a dash of vegan milk in the first half of the day is enough. Anything else is not something that will support you in looking and feeling like you are living your best life.

Alcohol is too powerful to ignore. High calorie, high consumption, hard on at least two if not three of the key systems we want to keep healthy.

Everything in moderation is right, but what people think is moderation is crazy sometimes.

Your liver is more important to your health, and ultimately how you feel and look than most people give it credit for.

It's robust and can take a lot of abuse, and that is the false sense of security so many people get tricked by. For many people throughout their twenties, they drink a lot, regularly, without much thought on the impact they are having on their liver function or their long term health.

"THE LIVER, LIKE THE CHAMP THAT IT IS, TAKES THIS ABUSE ON THE CHIN, AND STARTS SWELLING UP TO STORE THE TOXINS AND SORT THEM OUT WHEN IT CAN".

Then people get to their 30's, or maybe they are lucky and they make their 40's when they start noticing that living the same lifestyle they have always lived, no longer delivers the body shape they remember having.

For me it comes down to the liver having enough, and after swelling to the max, it starts storing those excess toxins in adipose tissue (fat) around the body, your waist being a prime spot. It's called a beer belly for a reason.

Frustration comes in as the same diet that has always brought you back to some former shape you are satisfied with, doesn't work, or works a lot slower than you remember.

Emotional stress, an unhealthy lifestyle being led for some years, and a general degeneration of your health can all be given some blame here.

"IF YOU DON'T LOOK AFTER THOSE 4 KEY SYSTEMS AND EAT RIGHT LIKE THE WILD 5 RULES TO KEEP YOU HEALTHY, WHY SHOULD YOUR BODY RESPOND IN AN IMMEDIATE WAY?".

You've influenced your health, body shape and energy over years, probably decades. Then you decide to exercise lots, but make minimal real changes to your actual lifestyle and food, then get annoyed that 8 weeks isn't enough to see your body shape pop with new tone and shape.

For your body to change shape, it takes a lot of energy, good exercise and great food. Minimal if not any of the negatives I've detailed in this article.

If you half cop a change in your lifestyle, better believe your results are going to be half cop.

Remember, you are a mirror image of your lifestyle.

YOU WANT A MAGIC PILL? THAT'S IT. IT'S YOUR LIFESTYLE.



Start living your best life by matching your expectations to your reality. You choose your reality, the way you live your life. Change is easy when you break it down - change your environment to a more positive routine, join a better gym, remove distractions that waste your time.

Change your behaviour so you interact in your environment in a healthier way, book on to some exercise classes, learn new skills and abilities that will help you make the most of your change of routine.

Challenge your cooking, try a new sport - these changes start to add up and will reshape your values. You start to value the weird new habits, as important positive routines in your life.

Stick to that for long enough and before you know it, your identity will change and you will start enjoying a better quality of life.

Your lifestyle is the magic pill. Can you skip any of those stages? Not in my opinion, it never works.

People that go from no exercise to going out and buying a brand new wardrobe of workout kit, then start posting twice a day on social media about their workouts and great diet.

Going from zero to 100 doesn't work, and being 100% isn't something you can sustain consistently.

If you think 80% good 100% of the time is better than 100% good some of the time, and it's a more enjoyable way to live which should be the priority.



"ONCE THAT LIFE IS PART OF YOUR IDENTITY, LIVING IT IS AS EASY AS BREATHING. YOU JUST CHOOSE TO DO IT BECAUSE IT'S THE WAY YOU ENJOY LIVING".