

Craig Ballantyne

The Perfect Day Formula

PODCAST SHOWNOTES

Fitness Guru Craig Ballantyne

Craig Ballantyne has been the Editor of Early to Rise since 2011. He's also a Strength & Conditioning coach in Toronto, author of Turbulence Training, a contributing author to Men's Health magazine, and a member of the Training Advisory Board for Maximum Fitness and Oxygen magazines. Craig also has an advanced research background, completing a Master of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. He continues to study the latest training, supplementation, and nutrition research to help clients improve health and wellness, as well as their physical and mental performance.

Three C Formula

Epictetus, an ancient philosopher said that we can control what we can, cope with what we can, and concentrate on what counts. Applying this to our day, we can control our mornings (what we eat, when we wake), cope with our afternoons (the things that come up) and concentrate on what counts in the evenings (family, what matters most to you). There are five pillars to help guide our coping and success in life.

1. Better Planning and Preparation
2. Professional Accountability
3. Social Support
4. Meaningful Incentive
5. Big Deadline

Rules and Vision

Rules guide us. A road without traffic signals or rules would be chaos. Our rules and operating systems for how we live our lives are crucial. Writing them down give you structure and in turn freedom. Vision is your destination, where you want to be. What season of life are in? Evaluating where you are and what you need priority-wise you can look into the future and write the vision of your future. If you focus on your health, where will you be in 2 years, 3 years? You can achieve exactly what you want with vision. Success is simple, but it's not easy.

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Listener Question:

How much fructose is there in wine, is it causing my belly fat?

Alcohol doesn't have sugar in it and wine should have very little residual fructose. The issue is that one glass of wine per day will make you "thinner" than those who don't. Look at what you are drinking and eating. Sugary mixers are out. Red wine, however can help with insulin sensitivity. Essentially look at how much you are consuming. The amount and the mixers are what we should be concerned with.

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As always, remember:

You are worthy. Dare to live a life that matters.

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