

Lewis Howes

The School of Greatness

PODCAST SHOWNOTES

*Our guest today is Lewis Howes, an American author, entrepreneur, and former professional Arena League football player. He hosts **The School of Greatness**, a talk show distributed as a podcast, and is the NY Times-bestselling author of a book by the same name. He is also on the advisory board of the non-profit Pencils of Promise.*

The School of Greatness

Lewis struggled academically throughout middle school, high school, and college. He would take all of his academic frustrations and failures out on the field. Through those experiences, he came to understand that he loved learning, just not in the traditional sense. Sports gave him an outlet, purpose, and classroom in which to learn. Lewis created *The School of Greatness* podcast to interview the best minds about learning, achievement, and greatness.

In the podcast, they speak about how great leaders learned and experienced growth. From there, he wrote a book with the principles learned from those in the top of their fields.

Lessons Learned through Sports

Powerful Vision – Knowing what your dreams and passions are is key. Have a clear, powerful vision.

Build a Championship Team Around You – Enroll others in your vision.

Balance

Striving for greatness in one thing, but you should have a holistic approach to balance yourself. If you're great at *something* but you treat people poorly constantly, then you aren't truly great. Greatness is a process, and it is something that you are always working on.

Visit Lewis' [website](#) and check out his podcast on iTunes, *School of Greatness*.

Listener Question:

What happens during exercise, sugar burning or fat burning, and which is better?

We actually don't want to ALWAYS burn fat. Do a ton of cardio and endurance training, and you have the same muscle and fat ratios as a couch potato. High intensity interval training, known as HIIT or burst training, helps us reuse our glycogen stores and burn fat well after we finish our workouts. During exercise, we want to burn as much sugar as possible to allow us to burn fat later.

Please review us on [Stitcher](#) and [iTunes](#). And, if you haven't already, SUBSCRIBE!

As always, remember:

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

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at www.jjvirgin.com.

The recipes have not been reviewed or approved by any government, healthcare organizations or physician.

Lewis Howes

The School of Greatness

PODCAST SHOWNOTES

Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.