

The

K*I*S*S*

Blueprint for Fitness

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Disclaimer

The author is not a physician. The information presented in this report is intended to be educational in nature and is not intended as medical advice. It is designed to help you make informed decisions related to your physical fitness and should not be used as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, you should seek assistance from a qualified health practitioner.

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A Blueprint?

When we set out to build a house, we need a **“blueprint”** or plan showing what materials will be used and how everything will fit together. You **can** build a house without one, but you might make mistakes along the way that would be time-consuming and costly to correct. I’ve designed and built a few houses. The plans I developed weren’t fancy. They were **simple** guides that enabled me to efficiently complete the construction process without any errors.

We need plans for many things that we decide to do. If you can develop your own, great. However, if you’re setting out to do something that’s new to you, it doesn’t make sense to try to “reinvent the wheel.” You can save a **lot** of time and can eliminate painful mistakes if you take advantage of the experience of others who have been successful at what you would like to do.

I’ve been a health and exercise nut for over **50 years!** I certainly don’t have all the answers. However, I’ve learned an awful lot by research and experimentation with different diet and exercise programs. Some of this experience wasn’t particularly pleasant and I wouldn’t recommend that a person do all the things I’ve done. This report is an attempt to summarize my successes and lessons I’ve learned into a form that I hope will be helpful to you in your quest for fitness and health.

When it comes to a fitness plan, we are really talking about adopting a certain **lifestyle**. And, the minute we talk about lifestyle, the thought immediately comes to mind that our plan might ask us to **change habits** or --- heaven forbid --- stop doing certain things that we like. The severity of this “problem” will vary from person to person. I’ll only mention here that, when changing habits, there’s no need to go “cold turkey.” Little by little is the name of the game. You will have this guide in your hands. So, you will know where you want to go. Take your time; you will get there!

This plan is **simple**; it’s not hard to understand. This is the underlying principle behind all my reports and books and is the **K*I*S*S*** philosophy that I try to promote. It’s natural to be fit. What is natural is simple. Our modern lives are about as unnatural as you can get. So, you might say that **this report is an attempt to explain how we can live as naturally as possible** in the very unnatural world that we find ourselves in.

In order to develop a plan or guide, we have to know where we are going. If we want to be fit, we first have to agree on exactly what we mean by fitness. Let’s begin...

What does it mean to be fit?

I believe that most people will agree that being fit means something like **“looking good and feeling good.”** Differences in opinion might come about when you try to nail down **how good is good enough.**

Probably the **minimum** standard of fitness we should aim for is a lean toned body with the ability to easily perform normal physical activities. Normal physical activities might include walking (at a brisk pace), bending, squatting, and lifting light objects. As far as looks are concerned, on one hand, no fat tummies would be allowed and, on the other, it would be illegal to be skin and bones with no muscle between the two.

My own personal fitness standard is a lot higher than this. I don't think a person should shoot for anything lower. The point is that you can pick it; **you can pick the objective of your fitness program.**

The [K*I*S*S* Fitness Program](#) is an example of a fitness program that will enable you to choose your fitness goals and will then give you a plan for accomplishing them. Regular participation in certain sports will also enable you to attain a fitness level of your choosing. I would rate rowing (with a sliding seat) and swimming as the best sports as they provide cardiovascular benefit while also exercising a large number of muscles. Bicycling and running are good too. However, in these sports exercise is limited to the legs. Semi-sports like table tennis and bowling are better than nothing, I suppose, but they really won't do too much for **improving** your fitness level. However, if you **are** fit, you will probably do much better at them!

Where does “health” come into the picture and what is “health?” The quick answer is that you're healthy if you're not sick. However, if you think about it, that doesn't make very much sense. Look at the 300 lb obese guy in his bathing suit at the beach. He might not be “sick” but he certainly is **unfit. Can he possibly be healthy** in that condition? On the other hand, look at the Olympic athlete that happens to be in bed with pneumonia. He most definitely is sick so he can't be healthy. **Is he still fit?**

So, again, what the heck does it mean to be healthy? To be brief, **I feel that you aren't healthy unless every organ in your body is functioning perfectly and is also functioning in harmony with every other organ in your body.** This obviously implies that you aren't “sick.” It also implies that you can't **get** sick! How can a perfectly functioning body possibly be/get sick? And, to push this logic even further, how can your body function perfectly if it isn't fit?

So, I think we have a picture of health now. Fitness (looking good and feeling good) is obviously part of it. In fact, I think it's a great mistake that people separate health from fitness. You can't be healthy if you're unfit and, on the other hand, you can't be fit if you're unhealthy. To emphasize this interdependence, from now on I'm going to refer to a person's **“health/fitness”** just to emphasize that they have to go together. I'll let you know if I coin a word for this!

OK, to sum it all up, we're trying to be healthy/fit and this includes two parts:

- **having a fair amount of athletic ability,**
- **having a body that isn't sick and that can't get sick.**

You might say that it's impossible to achieve this. Whether it is or it isn't, **let's make it our goal! Think big!**

But, how do we get there? I believe that it's an **environmental problem...**

Fitness is an environmental problem

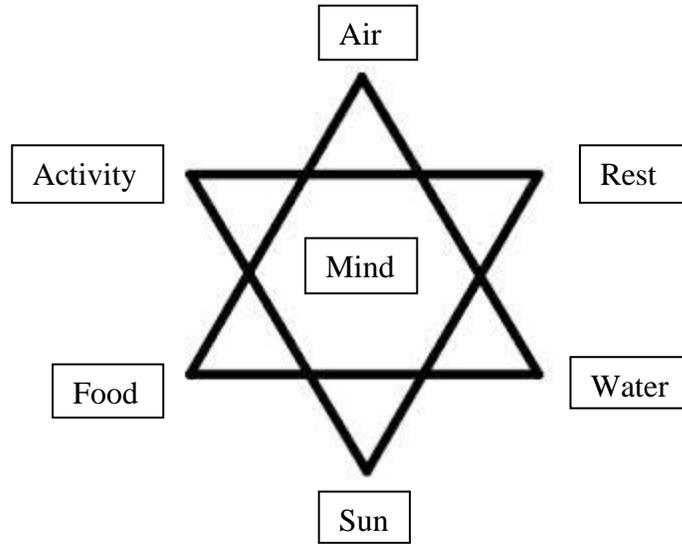
The best analogy I can make for this business of trying to get healthy/fit is to think of it as an environmental problem. If you want to grow a vegetable garden, there are certain things you would do to optimize the health of your plants. If you have a pet animal, there are likewise certain things that you would do to optimize its health. Basically, what you would try to do is to create **the best possible environment** for the organism that you're trying to raise. That's exactly what you have to do with your body in order to optimize its health. Your body is the organism that houses "you." It's common sense to provide the best possible environment for it if, indeed, it's your home and you want it to be as healthy/fit as possible.

However, this is easier said than done. First, **we have to determine what this environment is.** How on earth can you do that? Well, it might take some study --- the use of your mind. Second, we have to **"live"** this environment. That can get tricky. It's hard to live anything. The implication is that it might take **willpower.** That's a mental problem too. Actually, **everything** depends on your mind. What you know and how you use what you know ultimately determine the state of your health/fitness.

Well, just what does this environment consist of that we have to optimize? In general, it consists of everything that your body comes in contact with or can influence it in any way. Here's a list of environmental factors that we should be thinking about:

- Activity and rest
- Food
- Air
- Water
- Sunshine

That's about it. All of these are within our ability to control. Let's take a look at them one by one...



***Your Mind Determines Your Personal Environment
Your Environment Determines Your Health/Fitness***

Activity and Rest

Activity means exercise. It doesn't have to be formal exercise at a gym or health club. If you're lucky enough, your daily life will provide you with the activity you need. Our primitive hunter-gatherer ancestors were probably in this category. They had to run after animals to catch them for food --- or run away from them to avoid being eaten. They had to carry things and climb. That's about all it takes to exercise your body. Nowadays a person will rarely have a lifestyle that provides him with adequate exercise.

I divide exercise into **three types**:

- Strength
- Endurance
- Flexibility

You should do some of each type of exercise almost every day. At least every other day. It may be that your daily life gives you adequate exercise of one type but not enough of another. For example, a man that does heavy manual labor will get plenty of strength exercise. However, he should also do some endurance exercise; I doubt if he gets enough even with all the physical labor he's involved with.

Concerning **strength exercise**, when you come down to it, there are really only five major movements that your body can do. If you include these five movements in your strength exercise program, you will be getting a well-balanced workout. Here are the movements and the muscles they exercise:

- You can push something (shoulders, chest, triceps)
- You can pull something (back of shoulders, upper back, biceps)
- You can rise up from a squatted position (thighs, buttocks)
- You can rise up from a bent over position (lower back)
- You can sit up from a lying position (stomach)

It's easy to see that this covers just about everything. Of course, there are lots of "small" movements that are possible --- even as small as wiggling your fingers or toes. However, don't worry about the small stuff. If you take care of the big movements, the small ones will come along for the ride.

An example of a **pushing exercise** is a "push-up." Don't get scared here if you can't do one! There are many easy variations of the push-up and plenty of alternative pushing exercises. An example of a **pulling exercise** would be rowing a boat where you pull the oar handles toward you. Again, there are many many alternatives; not too many of us have a boat to row in our living room! Likewise there are alternative exercises for the remaining three strength movements. A balanced strength exercise program **must** include at least one exercise for each of these movements. Such a program can consist of body weight exercises and/or exercises that make use of additional resistance --- like weights. The [K*I*S*S* Fitness Program](#) uses body weight exercises and the [K*I*S*S* Weight Training Program](#) obviously adds resistance in the form of weights. Your strength exercise program should be capable of becoming more challenging as you increase in strength. With body weight exercises, we generally make things harder by simply doing more repetitions of an exercise. With weights, we make the barbell heavier.

In general, I **recommend doing strength exercises at least three hours per week**. This could be six half hour sessions or three one hour ones. This is approximate. You can do more; I wouldn't do less.

Concerning **endurance or cardio exercise**, I also recommend a **minimum of three hours per week**. Again, it could be three one hour sessions or six half hour sessions. You probably already know that **an endurance exercise is one that keeps your pulse rate elevated for an extended period**. The most popular examples are running, swimming, and bicycling. There are others, of course. I used to do a lot of rowing (with a boat having a sliding seat). That's a super exercise --- almost "[perfect](#)" --- as it also takes care of most of the strength movements, just like bicycling takes care of leg exercise.

If you add the strength and endurance exercise times together, you can see that it comes out to around about **an hour per day, six days per week**. Yes, take a day off! If you exercise faithfully, you deserve to kick back and relax one day per week.

I will add that this amount of exercise is about the minimum required in order to maintain a good level of fitness. You will look pretty good and you will likewise feel pretty good if you devote this much time to exercise. This level of exercise is not enough for a competitive athlete, though. But, that's another ball game...

Concerning **flexibility**, there are systems of exercise like yoga that are into this big time. I'll confess that I don't know much about this. As far as I'm concerned, it's simply necessary that you be able to move your limbs and bend and twist your torso through their maximum ranges of motion. You can get and maintain this ability by doing stretching exercises before both your endurance and strength exercise sessions. I should mention that you should also do some easy warm up exercises before you begin your exercise sessions.

So, to sum it up, unless your daily life gives you sufficient exercise (It probably won't!), you should get at least three hours each of strength and endurance exercise per week, a total of around six hours of exercise per week. Always stretch and warm up the muscles that you will be exercising before you begin an exercise session.

You might rightfully say that you can't devote an hour per day to exercise. **Don't let that be an excuse for not doing anything!** I have a framed motto on my wall that reads:

*"When it comes to exercise, most people do **NOTHING!**
Do **ANYTHING!**
ANYTHING is better than **NOTHING!**"*

When I tell people they should get an hour of exercise per day, many respond that they don't have the time and the conversation will end there with the person continuing to get absolutely **no** exercise at all. This is really kind of dumb as anything really **is** better than nothing and the small things that a person might do can be the starting point for bigger and better things. Maybe a person takes his dog for a five minute walk around the block every day. Well, he could walk around the block twice or take a longer route. Most likely, the **dog** will love it. Walking is a great way to let the mind wander and to get some serious thinking done. Maybe the **person** will get to like this too. **That's the key!** Then the walk can get longer and longer till it takes a half hour or so. At that point, the person might be ready to convert some of the walking to a slow easy jog. That's the approach to endurance exercise that's taken in the [**K*I*S*S* Fitness Program**](#).

Of course, this same "little by little" logic can be applied to other forms of exercise. Perhaps you **do** like to mess around doing a few push-ups or other body weight exercises now and then. Just do a few more but don't push yourself to the point that it becomes unpleasant. The

[K*I*S*S* Fitness Program](#) emphasizes a simple way to make progress with bodyweight exercises too.

Finally, one of the greatest aids to success with an exercise program is to **do it with someone else**. Whether you're in the gym pushing weights around or out in the countryside running, this camaraderie can be extremely helpful. One of the main benefits is that a person is less apt to quit an exercise program if he has company. There will be days when your willpower is low and you simply don't want to exercise. A friend can give you the encouragement and support required to make you stick with it. After the workout, you will **always** be glad you did it! I've prepared a report called the [Triple F Fitness Program](#) that uses the exercises in the [K*I*S*S* Fitness Program](#) in a group setting in a way that's designed to be fun and non-competitive. This report is available as a **free** download.

The flip side of the coin to exercise and activity is **rest** --- sleep. You should shoot for eight hours of sleep per night. You can get by with less, but it will catch up with you. Remember, you're trying to create an ideal environment for your body. You simply can't expect it to become fitter without giving it time to recuperate. That's what sleep is, a time for your body to do the repair work that's required in order to keep it running optimally. Sleep, of course, is also when improvements in your health/fitness level take place. We're interested in more than just marking time.

Food

When it comes to putting a fitness program together, it's difficult to decide which is more important: exercise or food. Some people are exercise nuts but eat anything in sight. Others are food freaks but don't get a stitch of exercise. Let's agree that **they are equally important!** They are the parts of your personal environment that you will have to devote attention to on a daily basis.

Well, what is the right food to eat? There are millions of "diets" out there, each one arguing that it's the best. There is one that makes the most sense to me. I like it because, even though books are now being written about it, I pretty much came up with it on my own, by means of 50 years or trial and error --- and a good dose of common sense. This diet has a name, the "[Paleo Diet](#)." It's an attempt to imitate what our Paleolithic (caveman!) ancestors ate thousands of years ago. Your body hasn't really changed since then. So, if you want to be healthy, you should eat the food that your body was designed (or evolved) to digest during this Paleolithic era. You wouldn't feed a deer a hamburger or a lion a couple of apples. You have to find out what food is right for them and feed it to them. So, you're faced with the dilemma of feeding a caveman body with 21st century foods.

Well, just what did cavemen eat? It's pretty simple to figure that out. **Fresh fruit, vegetable matter, nuts, and lean meat or fish**. Obviously, they didn't consume any processed food or food with additives of any kind. It's also easy to see that there are two large classes of foods

we are led to believe are essential for our health that are **not** included in the [Paleo Diet](#): grain and dairy products. Our caveman ancestors didn't consume these foods. In fact, there are cultures today where these foods are still not eaten. I spent a lot of time living in the Pacific islands. These foods are completely foreign to island people --- and they are just as healthy as anyone else in the world, maybe more so.

Although **raw food is the most natural**, cavemen might have cooked some of their food. Evidence of cooking fires has been around for a long time. They probably just threw a piece of meat or some veggies on the fire that was heating their home (cave!) and had a primitive barbeque. I've eaten fish and potatoes cooked this way and they are delicious. Probably any food is where the burned skin (or scales) can be peeled off after cooking. For sure, cavemen weren't deep frying their food or anything like that. I suspect that their treats were things like eggs and honey.

This "diet" might seem downright impossible for you. That's a normal reaction as it certainly isn't main stream. However, it's becoming increasingly popular and there are even a number of recipe books available that describe delicious meals that are prepared according to this diet and that would make anyone's mouth water. I've followed this system of eating for years and love it and never crave anything else. No one is perfect, however, and I **do** confess to adding a little bit of crumbled feta cheese to my salads now and then. But, this is a miniscule transgression. Always look at the big picture and don't scrap something good because you can't do things perfectly.

In other words, you don't need to become fanatical about this. Once in a while have a slice or two of pizza or a scoop of ice cream. **It's what you do as a rule that will make or break you, not what you do once in a while.** Just because you might not feel you can do this 100%, don't give it up completely. Remember, that's the excuse a lot of people give for not exercising at all. We discussed that already. Simply improve your diet as much as you can. Little by little.

What about **food supplements**? I recommend three:

- **Cod liver oil.** It's natural and cheap. It takes care of your recommended daily allowances of vitamins A and D. And, it also does many other good things for you.
- **A multivitamin/mineral supplement.** This is health insurance! No matter how careful you are, it's very difficult to get every nutrient that your body needs from the food you eat. A multivitamin/mineral supplement **fills the nutritional holes** in your diet in areas that you might not even be aware of.
- **A powdered green veggie supplement** that you can mix with water and drink. This will also fill nutritional holes that might be in your diet, perhaps in a more natural way than taking a multivitamin/mineral supplement will. Specifically, it will help compensate for what might be lacking in the veggie part of our diet. I feel it's **very** hard to eat enough fresh veggies, almost no matter how hard you try.

Remember that what you choose to eat has to cover all the bases. It must be nutritionally complete. You should be eating the best food you can get your hands on plus you should be taking some food supplements to take care of deficiencies that, again, you might not be aware of. If you don't cover all the bases, you will face problems of one sort or another --- sooner or later.

Always use supplements made from natural food substances. For example, you can't get your iron from iron filings or your calcium from ground up coral rock. The nutrients you take in must be bound up in organic rather than inorganic molecules. The role of plants is to take inorganic minerals from the soil and put them into organic form (We can't get healthy eating soil!). Then we eat the plants or the animals that ate the plants. By the way, this argument also implies that you should **not** eat salt. It's completely unnecessary to add salt to your food and it's harmful in a number of ways.

Well, so much for food! All this might seem like a tall order for you. Still again, the approach you should take is to **make changes little by little**. For example, you might first eliminate cake and cookies from your diet. Perhaps you might add some fruit or dried fruit to take their place. Next, you might replace fatty steaks with lean turkey breasts. Then, you might replace some of your cooked veggies with salad. And so on until you achieve a degree of strictness that is pleasant for you and that you can stick with for the long term. Always remember that, like with exercise, **any positive change is better than nothing**.

Air

I should really say **fresh** air. You find fresh air out doors. Especially in the winter in temperate climates, homes are pretty much sealed up. As we breathe, we steal oxygen from the air and exhale carbon dioxide. Normal air has around 21% oxygen. I don't know what the percent is indoors in a sealed home. It has to be less.

Your body runs on oxygen. Give it as much as possible. How? Sleep with a window open --- even in the winter! Put on an extra blanket if need be. During the day, welcome the opportunity to do something outdoors. It could be mowing the lawn in the summer or shoveling snow in the winter (Both are also great exercise --- unless you're sitting on your butt letting a machine do the work for you.). Welcome the opportunity to walk somewhere rather than always driving. You get fresh air plus, if you walk briskly, some cardio exercise as a free bonus.

Finally, in light of all this, you simply do **not** want to smoke. Instead of putting fresh air and oxygen into your lungs, you're giving them the products of combustion. The tars from the burned tobacco also clog the tiny air passages in your lungs. If you smoke, you will decrease the functional ability of your lungs. You don't want to do this if you're trying to optimize your health.

Water

Much the same thing can be said about water as has been said about air. It should be as pure as possible --- pure H₂O. Forget about mineral water or spring water. Again, remember that you want to get the minerals you need in your diet from the plants or meat that you eat rather than from inorganic sources. The best water to drink is purified or even distilled water, water that has had the minerals taken out of it.

How much water should you drink? A lot. Aim for **two quarts per day**. And try not to drink it with your meals as it will dilute the stomach acids that are required --- full strength --- for digestion. I try to drink at least a half quart (two cups) of water a half hour or so before each meal. I usually drink more before breakfast as I'm pretty dehydrated then. I don't drink before going to bed or in the evening simply because I'd rather not have to get up in the middle of the night.

Finally, city water supplies are usually chlorinated and may also have fluoride added to them. Do **not** drink this water. Both these chemicals have no place in your body. Buy bottled water if necessary to avoid this. Remember that you're aiming at pure H₂O, not a chemical cocktail.

Sunshine

Sunshine goes along with fresh air. Both of them are out doors and both of them are difficult to come by in winter in temperate climates. It might even be more difficult to get sunshine in the winter because, even if you do go outside, you will be bundled up in your winter clothing.

It's well known that the sun is a source of vitamin D and that insufficient exposure to sunlight is a leading cause of vitamin D deficiency. So, it's common sense to expose yourself to the sun's rays whenever you can. It's worthwhile to consider using a sun lamp in the winter when it's difficult to get enough exposure to the sun. As I indicated earlier, taking cod liver oil is also a good preventative for deficiencies of vitamin D. Everyone should take it.

The sun has been given a lot of bad press in recent years due to associations with skin cancer. However, **the sun has been up there for a long time** and the human race has survived very well. It may be true that, since people are more mobile now than at previous times, more fair-skinned people are moving south where darker skinned people would normally be found. However, I'll still argue that the sun isn't the bad guy it's made out to be. Certainly, it's not sensible to get burned and blistered due to exposure to the sun. However, if you expose yourself gradually to the sun, you will develop a tan that will protect you from burning. And, you will be getting more than enough vitamin D.

Summary

OK, we've covered a lot of ground! First of all, we came up with the characteristics of a truly healthy/fit person. Here they are again:

- a fair amount of athletic ability,
- a body that isn't sick and that can't get sick.

Next, we discussed how this business of getting healthy/fit is really an environmental problem. If, somehow, we could provide our bodies with an **ideal** health-producing environment, it would seem that a person would **have to be** healthy/fit.

In addition, we presented the factors (activity, rest, food, etc.) that make up this environment and discussed each of them. We found out that the two parts of this personal environment that we have to pay the most attention to are food and exercise and we went into a lot of detail describing them.

We noted in passing that our mind is really the most important player in all this. Knowledge of the ideal environment in which to live isn't enough. We must also make decisions to use this knowledge and, finally, we must muster up the willpower to stick to these decisions.

Finally, we emphasized that anything a person does to come closer to this ideal health producing environment is good. **Anything is better than nothing.**

Your health/fitness level is the reading on a balance scale. When you add good environmental factors (on the right), the scale will become unbalanced and the needle will move to the right -- - toward a high health/fitness level. When you add bad environmental factors (on the left), the needle will move to the left --- toward a low health/fitness level. When the needle is in the middle, you're like everyone else; you're "normal." **You don't want that!** You want to be **abnormal!** You want to be as healthy/fit as possible. **Choose your personal "environment" wisely and live it!** The universe is orderly and you **will** get the health/fitness level that you ask for! This report provides the "**Blueprint**" for doing this...

Needle to right is high fitness level. Needle to left is low fitness level.

Bad environmental factors go here.



Good environmental factors go here.

Your Health/Fitness Level is the Reading on a Balance Scale

ABOUT THE AUTHOR



Stephen J. Winter, Ph.D. has been a health and fitness enthusiast since his teens. He has excelled in weight lifting and distance running and has done well at other sports including rowing, swimming, and bicycling. Now, over 70 years old, he continues to exercise and manages to stay in excellent condition. He has also experimented with diet his entire adult life. By means of this experimentation and personal research, he has arrived at a sensible diet that he believes maximizes health and longevity. He “practices what he preaches” and is a good example of the effectiveness of the programs described in this report. For many years, Dr. Winter was a certified personal trainer. He lives with his family in Norwich, NY.

An engineer by training, Dr. Winter is now retired and has embarked on a second career as a fitness instructor and writer of fitness books. In addition to this report, he has written a number of books. His first book is the [K*I*S*S* Fitness Program](#). A shorter version of it directed at youth is entitled the [K*I*S*S* Fitness Program for Kids](#). He has plans to write a third book that will be entitled the [K*I*S*S* Weight Training Program](#). The central theme of all his books is simplicity. Whether you are doing bodyweight exercises, training with weights, or using exercise machines in a gym, he believes it is of highest importance to keep your training program as simple as possible. Both in his engineering work and in his fitness endeavors, Dr. Winter has found that this approach most often leads to long term success.