



Stronger YOU!

The 4 "Bricks" of Building
a Stronger, Healthier, and
Happier Life.

BBB

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Brick by Brick Fitness

Introduction

Welcome and Congratulations on downloading this E-Book. Inside you will learn the essential basics to a stronger, healthier, and happier mind and body. We will cover the 4 “bricks” in the health wall: **Nutrition, Movement, Goal Setting, and Mindset.** Incorporate these into your life, and you will be well on your way to achieving your goals.

Why are all of these, “bricks” important?

Could you just lose weight with exercise or a diet; yes, but it is important to learn and master all four bricks in order to be a well-rounded healthy person. Without a strong mind, the body can only be so developed. Without proper nutrition, movement, and a clear goal, the mind, and therefore the body, will never reach its true strength potential.

I don't have a gym membership or any equipment at home; can I still use this guide?

Absolutely! All the workouts included have bodyweight or equipment variations. Your body is a gift, and sometimes the best workouts just involve you and some movement. Do not let a lack of equipment limit your ability to become as strong as possible.

Is this going to be a fad diet?

No. The nutritional outline included is a simple to follow guideline to proper nutrition. Most of it is going to sound familiar and make basic sense. Different diets are used for different goals; the outline included is for general health and wellness and how I personally eat. I have never had more energy, felt stronger, and been more focused than while eating this way.

Is this just for beginners?

Yes and no. This guide includes essential keys to success in a healthy lifestyle. If you are just getting started then it will be a fantastic resource and introduction to healthy living. If you are not a beginner, this guide will still be handy. It's important to always be on the search for new ideas on self-development. You never want to live a complacent lifestyle.

Brick #1: Nutrition

We have all been there, step on the scale, freak out, and decide to “start a diet.” You do well for a couple of weeks, maybe even longer, but then what happens? You fall off the wagon, or you hit your goal, but cannot maintain the strict guidelines of whatever diet you decided to try. Then you lose weight for a little while, gain it back, then lose it, and then gain it back; the continuum has been going on for as long as fad diets have been around. The strict guidelines to how to eat make it nearly impossible to maintain that lifestyle, and in some cases are unhealthy.

The guideline that I use, and share with my clients is very simple:

EAT. REAL. FOOD.

The grocery store is jam packed with, “quick and simple meals,” salty snacks, sugary sweets, foods that have a long ingredients list with words you can barely pronounce. Low fat, low carb, low sugar, no sugar, artificial sweeteners, stabilizers, preservatives, color additives, the list could go on and on about what is in those, “foods.”

The Brick by Brick way of eating is much more straightforward. We don’t believe in “diets” we believe in lifestyles. Learn what works for you, so it will never feel like you’re starving or even dieting. Healthy foods can be tasty and fun. Find recipes that fit within the guideline, experiment, don’t be afraid of food.

- Stick to real and whole foods, with minimal ingredients list.
- Eat breakfast every morning.
- Have a mid-morning snack and mid-afternoon snack.
- Keep the bulk of your carbohydrates around your workout.
- Avoid added sugars and sugar substitutes.
- Leafy greens and vegetables at least 4-5 servings/day.
- Keep starchy grains and carbs to 1 serving/day.
- A protein source with EVERY MEAL.
- Do not be afraid of healthy fats and make sure they are included.
- Drink AT LEAST ½ your bodyweight in fl. oz. of water.

Brick #1: Nutrition

Good Sources of Protein:

- **Turkey**
- **Chicken**
- **Lean Red Meats**
- **Fish**
- **Soy products**
- **Whole eggs and egg whites**
- **Greek Yogurt without added sugars**

Good Sources of Fat:

- **Avocados**
- **Eggs**
- **Almonds**
- **Walnuts**
- **Natural Nut Butters**
- **Olive Oil**
- **Coconut Oil**

Good sources of Carbohydrates:

- **Green Leafy Vegetables (salad mixes, kale, broccoli, sprouts)**
- **Colorful Veggies (carrots, beets, bell peppers, etc.)**
- **Fruit: 1-2 pieces/day**
- **Quinoa ***
- **Lentils***
- **Bean***
- **Sweet Potatoes***

* Denotes a “starchy carb” *

Stick with these guidelines, try new recipes and combinations, and you will be well on your way to a fueled and strong body. Your nutrition really does make up 70-80% of weight loss, so be conscientious of what you’re putting in your body. When you are eating real food, you will feel better, more awake, and be able to go longer and harder in your workouts.

“Don’t focus on a diet, focus on a lifestyle.”

Brick #2: Movement

We, as a culture, have begun to move less. Wake up, go to work, sit all day, come home, watch TV, and go to bed. It has become an endless cycle of inactivity and it needs to be broken.

Notice the second brick in the health wall is not strictly working out; it is simply movement. Working out is a fantastic way to move, but at the core of the mission of health:

Any movement is better than no movement.

Lift, walk, run, bike, hike, play, do sports; just be active 4-5 days a week. Ideally try and split your week into at least 2 days of weight training, 2-3 days of other activity, and 1-2 days of high intensity (springs, metabolic conditioning, etc.).

Another side effect of our lack of movement is a lack of mobility. Mobility, not flexibility, is extremely important to being able to live a healthy and fully functioning life. It is great to be flexible, but just because you can touch your toes, does not mean you can squat down to the floor, or fully extend your arms over your head. The problem is that we sit so much that our bodies get locked up in that position. This is why it is CRUCIAL to try and get up and walk every hour or request a standing desk at work.

4 Essential Mobility Drills:

Check out the links to videos of demonstrations.

1. [Foam Rolling](#)
2. [Squat to Stand](#)
3. [Wall Slides](#)
4. [Couch Stretch](#)

Brick #2: Movement

2 Bodyweight Strength Workouts

Workout 1: Full Body

- **Core Circuit 1: 2 Rounds**
 - Planks x 40-60 seconds
 - Side Planks x 30 seconds each
 - Glute Bridge Hold x 60 seconds
 - Squat Jumps x 6
- **Lower Body Circuit 2: 3 Rounds**
 - Bodyweight Squats x 15
 - Step Ups x 10 each leg
 - Single Leg Glute Bridge
- **Upper Body Circuit 3: 3 Rounds**
 - Push Ups x Technical Failure
 - Tiger Crawl x 20 meters
 - Doorway Rows x 12 each

Workout 2: Full Body

- **Core Circuit: 2 Rounds**
 - Dead bugs x 10 each side or 60 seconds
 - Penguins x 60 seconds
 - Reverse Plank Marchers x 60 seconds
 - Explosive Skater Jumps x 6 each way
- **Lower Body Circuit: 3 Rounds**
 - Split Squats x 10 each leg
 - Feet Elevated Glute Bridge x 12
 - Step Offs x 10 each
- **Upper Body Circuit: 3 Rounds**
 - Supermans x 12 (3 seconds hold)
 - Triceps Dips on Chair or Table x 12
 - Reverse Rows on Table x 10-12

Brick #2: Movement

Tabata High Intensity Workout

2 Sets of 8 rounds each:

20 seconds as hard as you can/10 seconds rest

1. First Set of 8: Alternate exercises each round
 - Mt. Climbers
 - Body weight squats
2. Second Set of 8: Alternate exercises each round
 - Planks
 - High Knees

Sample Week Outline

Monday: Workout 1

Tuesday: Walk 1 hour, bike, etc.

Wednesday: Workout 2

Thursday: Walk 1 hour, bike, etc.

Friday: High Intensity (Sprints or Tabata program)

Saturday: Fun day, hike, play outside, walk

Sunday: Rest

Warm up with light jogging for 5-10 minutes and at least 2 out of the 4 mobility drills given above. You can train from home if you need to, or if you're in a gym you can add weights to make the exercises more challenging. By balancing your strength training with walking, high intensity work, and mobility you can build all aspects of a strong physical body.

Great workouts do NOT need to be complicated.

Move, have fun, and break a sweat.

Brick #3: Goal Setting

So far in this e-book we have covered the physical aspects of getting strong and healthy, we are now moving onto the last two bricks, the mental side of it. The mind is the strongest and most important tool you have.

Master your mind and you can do anything.

You gain mental toughness and strength through challenging yourself every day. Learning how to set goals that are difficult enough to push you, but realistic enough to meet, is critical to having a healthy and strong mind.

In my initial assessment with clients, I talk to them about what their goals are. We discuss what is possible, how we are going to get there, and what they will have to put in to achieve them. I want nothing more than to see my clients overcome obstacles and achieve what they set out to do.

By setting goals, you create a sort of “road map” for your life. Small, weekly goals add up to monthly goals, which add up to quarterly goals, which in turn make yearly goals. Everything in your life “clicks” into place when you are moving from goal to goal working towards whatever you BIG DREAM is.

When you are setting and achieving goals, you begin to build a sense of accomplishment and send your confidence through the roof. The important part of making goals is creating ones that are **actually** achievable, but still challenge you.

The goals you set for yourself should scare you. What would be the point of setting simple dreams? They need to bring you out of your comfort zone to really begin to change you for the better. Even the scariest of goals can be broken down into smaller and smaller plans, so they won't seem as intimidating. The key to making big, but achievable goals is using the S.M.A.R.T Goals technique.

Brick #3: Goal Setting

S.M.A.R.T GOALS TECHNIQUE

S

- **Specific**
- What, where, how, why?

M

- **Measurable**
- How will you be able to tell if you've progressed?

A

- **Attainable**
- Is this actually possible to achieve within the specifics you've given?

R

- **Relevant**
- Is this goal relevant to your life purpose and overall goal?

T

- **Time-Based**
- How long will you give yourself to achieve this goal?

Brick #3: Goal Setting

As you're setting your goals, run your ideas through the S.M.A.R.T goals system and see if it checks out. Here is an example of a S.M.A.R.T weight loss goal and how you should think about it.

John's Sample Goal

"In order to achieve my overall life goal of being the best father I can be, I need to be in good health to be there for my children. Therefore, my current goal is to lose 6lbs. in 1 month. To accomplish this goal, I will hire a trainer and follow their prescribed workouts and nutrition plan. 6lbs is possible and is a healthy amount of weight to lose in 1 month."

You can see in this goal, John laid out what he wanted, how he would get it, and when he would do it; this covers the "S." The goal is measurable by using a scale; this is the "M." 6lbs is a healthy amount in this time, but will still be challenging; that is the "A." Next is the "R," John mentions that his big purpose is to be the best father he can be, therefore he needs to be healthy to be there for his kids, and so it is relevant to his life goals. Finally, John has set a 1 month time limit on this goal for the, "T."

It's important to follow all of the steps in this technique, especially making it as SPECIFIC as possible. Overtime you'll find a balance of making goals that are difficult to accomplish, but still attainable.

In order for your goal to be relevant to your purpose and life goal, you must know what that is. Take some time and think about what your big life goals are. Make a list of the major things you want to have, feel, and accomplish. Finally, putting a time limit and deadline on your immediate goal will increase your work ethic, and make you work harder and faster to finish on time.

"A goal is a dream with a deadline."

-Napolean Hill

Brick #4: Mindset

Finally, we have come to the last brick in the “health” wall. Without a strong mindset, the body will not be able to fulfill its potential. A strong mindset is one that is resilient to obstacles, understands and accepts fears, and is willing to push through whatever it takes to achieve its overall goal. By becoming mentally tough and strong willed, you will be able to go after anything you set your sites on.

There is no better place to learn mental toughness and how to obtain a strong mindset than from strength training and becoming healthy. It takes a ton of willpower, goal setting, overcoming fears and anxieties to truly turn your life into a healthy one.

To start, you have to overcome your fears. Different people have different fears; fears of failing, of financial loss, of being embarrassed as you do something awkward or new. If you can accept and conquer your fears, in all aspects of your life, than nothing can hold you back. You learn to overcome fears by first acknowledging your fears, and then constantly pushing your boundaries; little by little, always trying new things that making you slightly nervous or uncomfortable.

“The only thing to fear is fear itself” -FDR

When you begin to challenge your fears, you will be stepping out of your comfort zone and that is the next step to gaining an iron mindset. If you’re constantly living in your comfort zone you are NOT growing. You are living a complacent lifestyle, and that does not promote strength, health, and happiness. You might be temporarily happy and comfortable, but if you are not progressing your life than you are regressing. One must constantly push forward, pushing their own boundaries and limits, trying new things, and getting out of the dreaded “zone.”

You may be in the, “comfort zone” if you notice that you are on a constant cycle. Wake up, go to work (possibly at a job you are not passionate about), come home, go to bed, and repeat. If this sounds familiar to you, than you may need to evaluate your situation. Find a way to make something different. Start going to the gym, trying waking up earlier, sign up for an obstacle race or some other challenging

Brick #4: Mindset

situation for yourself. Do SOMETHING that can throw you off rhythm and jump-start your way to stepping out of your boundaries.

Sometimes, you will not want to challenge yourself. You won't want to go to the gym or to eat healthy. Motivation will come and go, and that is why you need to have discipline. Discipline is a key factor in determining your success. If you lack it, you will eventually break down, if you learn to be disciplined you will continue on the pathway of success in your goals. Being discipline means doing things you do not always want to do, but know you have to. Of course you'll want to relax, it's human nature to try and be comfortable, but you are better than that. You are disciplined and know that in order to be as strong and healthy as possible, you have to do things that won't always be fun.

While you're going through these challenges, and overcoming your fears you are going to get tired. You are going to be broken down, and sometimes scared of what comes next, but this is when you begin to grow. Sometimes you need to be broken down, to be built back up. The military uses this method on their new recruits everyday. They challenge the new soldiers mentally and physically and eventually "break" them. From that moment on, they begin to build them back up through challenges that test them, but build confidence and belief that they CAN do this. Eventually, they realize their full potential and know in their heart and MIND that they can get through whatever is thrown at them. This is what will happen to you. Overtime you will learn you are both mentally and physically SO MUCH STRONGER than you once thought. Figuring this out takes work, time, and effort but you'll be UNSTOPPABLE once you get there.

Developing a stronger mind is part of becoming a healthier person. By working towards your goals, stepping out of the comfort zone, overcoming fears, and learning discipline you will be the strongest mentally you have ever been. Your goals will start to become clearer and you'll be more confident in knowing you WILL achieve them.

“Do not pray for an easy life, pray for the strength to endure a difficult one.” –Bruce Lee

Time to Take Action!

The right time to take action and set yourself on the right path towards your goals is **NOW**; there will never be an absolutely perfect time! You have learned the basics of 4 major parts of becoming stronger and healthier, and now it is time to put what you've learned into practice. At Brick by Brick Fitness, we start with an individual assessment and goal setting session to discuss how and what we are going to work towards. Start TODAY! Sit down, write out your goals, and if accountability is a challenge for you, hire a coach or ask a friend to join! Good Luck!

Thank you for reading. We at Brick by Brick Fitness, truly wish you the best of luck on your journey towards a stronger, healthier, and happier life!

Brick by Brick Fitness is based in Southwest Virginia. They offer private and semi-private training, as well as, [online fitness](#) programing and nutritional guidance.

Brick by Brick Fitness' Mission

Brick by Brick Fitness is dedicated to bettering our clients both mentally and physically. To accomplish this, we use challenging, yet safe techniques in an inviting and intense setting.

At Brick by Brick Fitness we will encourage our members to push past what they thought was possible, and in doing so, become their strongest self.

In true strength,

Nick Guzek
Owner/Strength Coach

Connect with Brick by Brick Fitness!

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About the Author

Coach Nick Guzek

- Bachelor of Science in Kinesiology from George Mason University
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Nick began his fitness journey when he was only 13 years old. He instantly became dedicated to bodybuilding, and has competed in 4 competitions. Nick attended George Mason University, receiving a degree in Kinesiology. While in school he interned with multiple D1 programs, and worked at one of the top private strength and conditioning facilities in the country. His passion for fitness and pushing clients to be their absolute best is apparent in his coaching. He believes that pushing ones self is extremely important to improving mental toughness and becoming the strongest person you can be. He is also an avid hiker, completing the Pacific Crest Trail in 2015.



**Coach Nick is dedicated to one thing:
Bettering Bodies and Molding Minds.**