



REBEL

diet
guide

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INTRODUCTION

Although the 6+ months of exercise programming contained within this guide are incredibly important, **the Rebel Diet Guide is the most important part of this whole program in my opinion.**

G.I. Joe taught us that “knowing is half the battle.” Unfortunately, that’s not exactly true when it comes to getting into great shape. Your diet is going to be 80% of the battle.

Sounds ridiculous, right? Allow me to explain.

Even if you spend 10 hours a week exercising (which is more than you need to), that still leaves 158 hours to screw things up! Eating unhealthy food is like putting cheap gasoline in a Lamborghini: yeah it will run, but not nearly as well as it could run if you used some high quality fuel.

Now do you see why it’s so damn important?



In this guide, you'll learn to what to eat, what not to eat, how to adjust what you're eating already, the value of a calorie, and the components of a decent meal. I realize this is far less glamorous than pumping iron, but I want to make sure you're armed with the right information.

There's no doubt that this will be a constant uphill battle: restaurants and consumer goods companies are only interested in one thing: your money. Increasingly unhealthy (and more tasty) foods hit the market daily, vying for your attention and your addiction.

It's time to fight back and stick it to the man!

Let's get started with the *Nerd Fitness Diet Philosophy*, a method of eating that has helped many rebels like yourself lose weight, have more energy, and feel better. Combine this info with solid exercising and you'll soon be ready for battle.



YOUR DIET: BASIC TRAINING

Here are the building blocks of a good diet; think of this as Diet 101: Your Stomach and You. This might be slightly redundant if you've been reading Nerd Fitness for a while; if so, consider it a quick refresher course.

3500 calories = 1 pound of body weight (.45 kilograms)

Essentially, this means you if start eating 500 less calories per day than you normally eat, burning 500 extra calories a day from exercise, or any combination of the two to create a deficit of 500 calories daily, you will lose one pound (half a kg) per week.

Now, if all of your weight loss comes from just eating less every day (with no exercise), you'll start to lose muscle along with fat. To make sure you keep the muscle you have while losing fat, it's good to go with a smart mixture of eating less, eating well, and exercising hard!



What is a good diet? A good diet is made up of primarily REAL food. This meal has great balance of protein, good carbohydrates and good fats. The foods didn't come out of a box or a laboratory, but out of the ground or from nature. The less processed it is, the less that has been added to it, the better off you are. Think lean meats, fish, eggs, veggies, fruit, and nuts.

What's a bad diet? A bad diet is loaded with bad fats and simple carbohydrates (like processed sugar); it's also severely lacking in actual nutrients. If it came out of a vending machine, from a drive-thru window, or from a delivery boy, it's probably not good for you.

How many calories should you eat? This will depend on your size at the moment and how much weight you want to lose. Generally a safe amount of weight to lose is around 1-2 pounds (.5 - 1 kg) per week. If you're lazy, take 5 minutes to sign up for a free account at DailyBurn.com, SparkPeople.com, or CalorieCount.about.com and put in your current statistics (height, weight, and goal weight).

OR, you can do some math to figure it out...



When calculating how many calories you need to eat daily, we need to figure out a few things first.

Our bodies burn a TON of calories every day just EXISTING! We are quite complex, which means our bodies will burn all kinds of fuel just making sure things are working right.

They call this number your **Basal Metabolic Rate (BMR)**. It's the calories you would burn daily if you spent all day playing Halo or watching all three Lord of the Rings: Extended Editions.

If you're a math nerd, the equations are on the next page. If you don't care about the numbers, [visit this link to calculate your BMR](#). For you international folks, make sure you click *metric*.

This number is based on your height, weight, and age. As you age, your metabolism slows down, hence your BMR will start to decrease. So, as you get older, it's tougher to eat the same things you used to and remain the same weight. Makes sense, right?



BMR EQUATIONS

English BMR Formula

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Metric BMR Formula

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

[Here's the link again to calculate your BMR quickly online.](#)



Once you've calculated your BMR (mine is 1881.23 cal/day for example), you have a starting point for how many calories you burn while lying around.

To determine roughly how many calories you'll burn with activity, you multiply your BMR by a certain number based on how active you are.

They call this the **Harris Benedict Equation**, and here are the two equations you're going to look at most closely:

- **Light exercise/sports 1-3 days/week:** Cal. Calculation = $BMR \times 1.375$
- **Moderate exercise/sports 3-5 days/week:** Cal. Calculation = $BMR \times 1.55$

Take your BMR and multiply it by the appropriate number to determine how many calories you burn per day while being active.

Once you've figured out your number from this equation, you can see how many less calories you need to eat daily to lose weight!



Now, if you don't feel like doing any sort of mathematics whatsoever, and you want me to just GIVE you a number, fine!

Here is a rough estimate for weight loss, based on my experiences:

Guys: Eat between 1800-2200 calories per day

Ladies: Eat between 1600-2000 calories per day

Your specific requirements will vary based on how much you're exercising and how much weight you need to lose, but for the average male and female eating within that calorie range and moderate activity it's pretty close.

Don't try to cheat by eating less than 1200 calories a day: your body will think you're starving and try to save all of the calories that you eat – ruh roh. Eat healthy + work out = lose weight + look better.

If you're on this program and looking to BULK UP: *Here's a hint, it involves eating a LOT of high quality calories every day (3000+) while lifting heavy weights. Brown rice, oatmeal, and whole grain bread will become your best friends. Calories, calories, calories!*



Not all calories are created equal

2,000 calories worth of Twinkies aren't the same thing as 2,000 calories worth of grilled chicken, vegetables, fish, brown rice, and fruit. Hopefully that's not a surprise to you.

Your foods are made up of different components – protein, carbohydrates, and fat. Here's what these things are and what they do.

Protein

Protein plays a big role in your muscle development. When you exercise, your muscles get broken down and then use protein to rebuild stronger during your off-days. Protein absolutely NEEDS to be a main component of your daily diet.

If you're overweight and looking to drop some pounds, around 0.8 grams of protein per pound of body weight (or 1.7 g per kg) per day is sufficient (capped at 200 grams or so per day). If you're looking to build muscle, aim for at least 1-1.5 gram of protein per pound of body weight (or 2.2 - 3.3 g per kg) per day.



Carbohydrates

Carbohydrates provide the fuel that keeps your body going.

Now, there are good carbs and bad carbs. Good carbs come mostly from vegetables, fruits, and from some whole grains (look for grains that are high in fiber). When you eat carbohydrates, they get converted to glucose in your system, which is used to provide energy and allows your brain, muscles, and body to function. Excess glucose in your system will be converted to fat if it isn't used for energy.

Your mom was just trying to look out for you when she made you eat vegetables as a kid: they're loaded with nutrients and low in calories, providing you with a steady boost of energy throughout the day rather than spiked energy (and fast withdrawals) from the sugar packed into most carb-heavy meals.

For this reason, eat as many vegetables as you want, whenever you want (provided they're not deep fried or smothered in some terrible dressing); I guarantee you won't gain weight.



Fat - Not Nearly as Bad as You've Been Told.

For years, fat has been getting a bum reputation. It's called fat, so if you eat a lot of it, it makes you fat, right? Wrong.

Fat is actually an incredibly important part of your diet, providing you with crucial fatty acids that you can't get anywhere else. There are some good kinds of fat, a BAD type of fat, and another type of fat where the jury is still out. Rather than go in-depth with the explanation of what composes the different fats, I'll keep it simple:

- **Polyunsaturated** and **Monounsaturated fats** are an important healthy part of your diet. Olive oil, flaxseed oil, fish oil, almonds, avocados, and walnuts are good sources. *Check your labels!*
- **Trans fats** are **BAD** and shouldn't be anywhere NEAR your diet. These are fats that have usually been created, are solid at room temperature, and exist in unhealthy foods. **READ YOUR LABELS!**
- **Saturated Fat:** Although there are **differing schools of thought on saturated fat**, the best method to go with is "*moderation.*" Don't eat a diet that's 100% saturated fat, but don't avoid it entirely either. Keep your saturated fat intake at a reasonable level.

If you're looking for more information on the carbs vs. fat debate, I highly recommend reading this article [**"What if it's all been a big fat lie"**](#) from Gary Taubes, the author of the incredible [**Good Calories, Bad Calories**](#), one of the most eye-opening books I've ever read. If you're looking to have your mind blown, read this book. It's really dense and will take quite a bit of time to get through, but it's worth it.

Now that we have the basics down, let's move onto how to put this stuff into practice.

THE NERD FITNESS DIET

The Nerd Fitness Diet is built upon the K.I.S.S. principle:

“Keep It Simple, Stupid!”

I’ll go into this in much more detail on the next few pages, but here’s the whole diet in a nutshell:

- 1) **Eat natural foods**
- 2) **Cut way back on everything else**
- 3) **Eat less than you’re eating now**
- 4) **Sugar sucks**
- 5) **Say no to liquid calories**
- 6) **Make changes that you can live with**
- 7) **Find what works for you**
- 8) **Free your mind, free your stomach**

Got it? Good. Let’s explain how this is going to work.



1) Eat Natural Foods

Simple - eat stuff that either came out of the earth, flew through the sky, ran on the ground, or swam in the ocean, and minimize everything else. Here's your menu:

Lean meats, poultry, fish, eggs, legumes, vegetables, fruits, and nuts.

That's it!

Note: some dairy and grains (oatmeal, brown rice, whole wheat bread, flaxseed bread) are okay, but make sure you're picking high quality stuff!

Now, switching from your current diet to a diet of only the stuff listed above would probably make you want to eat your arm off, and that would make playing videogames extremely difficult, so I won't advocate a drastic change like that.

Instead, I suggest making small changes to your diet; slowly and permanently replacing the fake processed food with real food over time.

It's definitely not all or nothing, and every little bit can help... if you eat 100% crap food now, switching even to just 80% crap food and 20% healthy food is a good start and will start to produce results. Of course the more changes you can make, the better results you should expect to see sooner. This balance is your choice.

If you're wondering, this type of 'philosophy' on eating is generally referred to as the Paleo Diet; I highly recommend checking out [**Mark's Daily Apple.**](#) It can be a little intimidating, but it's definitely one of the best resources on the internet for "eating Paleo."

2) Cut way back on everything else.

This part is going to be tough, I'm sure. Every day we're surrounded by junk food, fast food, and processed meals, all of which are specifically designed to make us fatter and increase our appetites for bad food.

If you're going to start living a healthy life, you need to start cutting this garbage out of your diet.

Rather than explain why sugar and fake foods are terrible for you, [this 3-minute video](#) does a far better job that I ever could.

I realize this style of eating is way less fun and probably less convenient than your previous style of eating, but it doesn't mean you can't find ways to make healthy food taste great. The Rebel Food Fighter will show you how.

3) Eat less than you're eating now.

In order to lose weight, you need to burn more calories every day than you consume.

As previously stated, you need to burn 500 more calories per day than you consume to lose one pound of body fat (.45 kg) per week.



Let's see how much effort is required to burn 500 calories, and how easy it is to eat 500 calories.

Go outside right now and run five miles, which burns about 500 calories. Then, eat a small bag of chips and drink a 20oz regular soda: you're right back to square one, wiping out all of your hard work in about five minutes. Crap.

Cut out the garbage, and make your time spent exercising actually effective at helping you lose weight.

This will require you to train your stomach, and it's going to be difficult. If you're used to eating 5,000 calories a day, switching to 2,000 a day will make you feel like you're starving. Concentrate on things like vegetables which can fill you up but are very low in calories, spread your meals out, and drink lots of water. Slowly "train" your stomach to require less and less calories until you're comfortable with eating the right number of calories that allow you to lose weight.

Moderation, small changes, sustainable changes.



4) Say no to liquid calories

Liquid calories add up quickly: sodas, fruit juices (yup, even orange juice), lemonade, fruit punch, frozen coffee drinks, frappuccinos, sport drinks, most vitamin-enhanced water, fruit drinks, beer, liquor, and so on. Almost all of these beverages contain tons of sugar and calories, and because they're liquid you hardly feel like you've consumed anything.

If you're serious about weight loss, try to switch to water for almost all of your beverages. I'm a beer drinker on the weekends, so I try to only drink water during the week so I can have a few guilt-free beers here and there.

It's tough, but you just need to learn to adjust. Drink green tea for your caffeine, cut out the sodas, load up on water, and save yourself a TON of calories. If you're a heavy soda drinker this one move alone could save you over 10 pounds a year!

Try this: save the money every day that you normally spend on drinks, and use it to buy new clothes once the weight starts to come off.



5) Sugar sucks.

Want to know why all of the beverages listed above suck? They're LOADED with sugar. Sugar is a carbohydrate and can provide you with a quick burst of energy: however, there's usually a crash right after which can leave you lethargic and hungry...and which point you need to eat more sugar! Any sugar not used for energy is converted into fat! Crap.

When looking at a nutrition label, don't just look for "sugar" in the ingredients. You need to check for things like high fructose corn syrup, dextrin, fructose, glucose, dextrose, sucrose and so on. If it ends in "ose," it's probably a sugar. Google it if you're wondering.

Because of these things, be careful of what you eat! Find whole wheat bread that DOESN'T have high fructose corn syrup, and if you're going to eat peanut butter, the only ingredient that should be on that list is "peanuts." Sugar can certainly be an addiction for some people, so work on weaning yourself off the stuff.

Keep an eye out for "natural" or "organic foods" that are still jacked up with all kinds of sugar too. *"Organic evaporated cane juice" is just sugar!*



6) Make changes that you can live with permanently.

Rather than make a whole bunch of drastic changes immediately, I'm a huge advocate of making small, gradual changes that you can stick with. Add one new vegetable to your diet this week, cut back to only one soda a day next week, bring in your lunch to work instead of eating out the week after that, etc. Make it a gradual process that you can live with permanently. Remember, you're not "on a diet," you're making lasting changes that become part of who you are.

7) Find what works for you.

Some people love to count calories and keep track of every single thing they eat. Others hate counting calories and would rather just eat healthy food and not worry about how much of it they need to eat. Find out what works for you. If you're a calorie counter, there are resources for you later in this guide.

If you're not a calorie counter, just keep it simple:

- Eat fish, poultry, and lean meats.
- Eat moderate amounts of eggs, beans, and nuts.
- Eat lots of vegetables and fruit.
- Minimize grains and dairy when possible.
- Say no to sugar.
- Cut out liquid calories.

8) Free your mind, free your stomach

At the end of the day, remember that you always have a choice. Food does not control you, food does not define you. Food can be an addiction just like a drug – but you are stronger than it.

No excuses, just action.

If your mouth waters every time you drive by a certain fast food restaurant, you need to start setting rules or driving home a different route from work. Having a rule like “I don’t eat fast food” removes the emotion from your decision.



If you come home from work every day and immediately grab a soda or ice cream, it's time to create new habits that will slowly rewire your brain over time. Drop your laptop bag, grab a bottle of water, and go for a walk.

They say it takes about 21 days to create a new habit. It's time to start developing new healthy ones. Just like your brain and body have been trained over the years to crave the bad stuff, you can train them to go for the good stuff too.

It'll take time and focused dedication on your part, but eventually these forced decisions become a routine, and then they become automatic.

Never forget: You ALWAYS have a choice. Choose wisely.

Now that we have the Nerd Fitness Diet Philosophy taken care of, it's time to figure out how to put principles into practice.

In the words of Izzy Mandebaum from Seinfeld, "It's go time!"



HOW TO SUCCEED

Remove the temptation. If you have terrible eating habits, keeping junk food in your cupboard is like sending a nerd to Comic-Con and telling him to wait in the lobby. Rather than tempt yourself, crack open your closets, fridge, and freezer and throw away all of the food that's bad for you. I don't care if you just bought an industrial-sized bag of cookies from Costco yesterday. Chuck it!

You'll be less likely to eat them when they're at the bottom of a dumpster... I hope.

Don't just think about the food in your house either: the candy dish on your desk at work, your drive down fast-food avenue every day, and the daily trip to the break room for a doughnut are all disasters waiting to happen unless you're prepared to fight for change.

Every meal should be well-rounded. Each meal should have a good combination of protein, healthy fats, and GOOD carbohydrates. Breakfast can be eggs and oatmeal, lunch can be chicken and a salad, dinner can be steak and veggies.



Drink a LOT of water. I want your co-workers to think you have a bladder problem (just kidding). Keep a bottle of water on your desk, drink a glass of water before meals to help fill up your stomach, and drink water instead of any other caloric beverage during your meals.

I used to think water was really boring too, but now an ice cold glass of water hits the spot. Give it a shot, and it will grow on you. Throw in a lemon wedge if necessary. *1.5 - 2 Liters of water a day is a good target.*

Opt for grilled over fried. If you're going to eat chicken and fish, go with the grilled variety, not the heavily breaded, deep-fried version.

Get your housemates involved. If you're married, get your spouse on board with you. If you have roommates, tell them what you're doing, and work together to only bring healthy food into the house. If they insist on continuing to eat poorly, then it's up to you to resist the temptation to eat poorly with them.

Yeah, they'll probably make fun of you for always eating healthy...let them; six months from now they'll be coming to you for advice.



Eat healthy snacks. Fruit and nuts are your friend. Instead of a bag of chips, have a handful of almonds. Instead of Ding Dongs or HoHos or Zebra Cakes, have an apple or banana. Way less glamorous, but so much better for you.

Prepare your own meals. Save a ton of money and eat much better, what's not to like? Learn to cook a few healthy meals, and those will now be your go-to meals whenever you're hungry. If you're a COMPLETE newbie in the kitchen (like me), the Rebel Food Fighter will give you all of the tools you need to start cooking better meals.

Identify your Kryptonite. Do you crave Taco Bell after watching Wipe-Out? Do you wake up in the middle of the night and shovel half a pint of Ben & Jerry's Rocky Road down your throat when you can't sleep? You've conditioned your body to "need" these things, and you can condition your body to stop needing them too. Find out what these triggers are, and learn to see them coming.

These are the potential bumps that can knock you off course, so be wary - it's time to start forming new habits today.



When you go out to eat, don't eat the whole meal. For some reason, most restaurants give you a meal that's twice the size of a normal serving. Just because it's in front of you doesn't mean you need to eat it; eat half of it now and eat the other half tomorrow. Many restaurants offer healthy options now too; look at the menu online before you get there and plan what you'll order. No exceptions – this will take the impulse “chili cheese fries and onion rings” out of the equation.

Eat Slowly! Your stomach isn't that smart - it actually gets full way before your brain hears about it. To prevent this from happening, take your time on your meal. If you're not eating alone, talk to the people at the table with you, put your fork down between bites, and actually enjoy it!

Find an eating schedule that works for you. Some people like to eat three small meals and three snacks spread out evenly through the day. For others, it's just three well-balanced meals. What really matters is the total number of calories you eat and the quality of your food. Determine how many calories you should be eating daily to lose weight, and then divide it by the number of meals you want to eat daily. The closer you can stick to that routine, the faster you'll start to see results.



Don't beat yourself up over a bad day. Remember, it's a marathon, not a sprint! Who cares if you have a bad weekend (wedding, Super Bowl, whatever) and ate a truckload of hot wings while drinking enough beer to kill a miniature pony! We're all human. A few days of bad eating won't destroy you unless you let it affect the few days after that too.

Your body isn't as clever as you think. Your metabolism doesn't fluctuate by the hour or by what you just ate, so don't worry about missing a meal or eating your dinner extra late at night. Late night eating causes weight gain only when those late night meals are excess calories for the day. Be smart.

Starvation mode sucks. If you try to lose weight by starving yourself (eating too few calories every day), eventually your body reverts back to the cavemen days and decides that food must be scarce, so it goes into survival mode. When this happens, it holds onto practically every calorie that you're eating. You won't lose any weight, and then when you start to eat normally again, it takes a few weeks for your body to go back to normal. It saves all of those EXTRA calories too and you gain back even more weight than before. *Not cool.* Don't try to cheat and starve yourself, because it will have the opposite effect.



Keep it simple. Find foods that you like, and buy a lot of them. Frozen vegetables are great to have on hand if you're out of fresh ones. Frozen fruit tastes great in a smoothie. If you like chicken, prepare a whole bunch of chicken breasts on Sunday night and then put them in the fridge; "Bam!" there's your fast food for the whole week!

Be careful with alcohol. The calories in ten beers add up quickly, but it's the awful food you eat while drinking that can really put you over the edge. Try to eat well during the week so you can enjoy some beers on the weekends guilt-free. I'm not telling you to quit drinking, just know that it's slowing your progress.

If you are going to drink, stick with light beers and liquors without sugary mixers. A fruity alcoholic beverage is **LOADED** with sugar and calories, which can certainly derail your hard work. Be smart.

Breakfast - Eat it. Don't skip breakfast, because then you're far more likely to drag ass through the morning until you overindulge for lunch. Eat a *high protein breakfast* and you won't have an empty stomach for the rest of the morning. Eggs and oatmeal are your friend, sugary cereals are not.



Try to eat a good high protein meal after exercise. Your muscle fibers get broken down during your workouts and then get rebuilt after you're done. Adding protein into your system within an hour after working out can help kick-start that rebuilding process. I usually go with a protein shake.

Don't worry about supplements. Don't take weight loss supplements, don't concern yourself with the latest trend of 'cleansing' or 'detox' or any of that garbage.

I get lots of questions about supplements and which ones are worth taking. I add a scoop of 100% pure whey protein to my breakfast shake and then another to my after-workout shake to help kick-start my muscle rebuilding process... but other than there's only a few I'd recommend:

A **basic multivitamin** can ensure you get enough vitamins and minerals daily, and fish oil (either in liquid or capsule form) can help you get enough Omega-3 (good healthy fats) in your system.

If you want to learn more, here's a great read about [fish oil](#).



HOW TO GET STARTED

1) Alert your friends and family of your plan – Let them know that you're going to make a conscious effort to start eating better. Hopefully they'll support you. If not, think of yourself as an Army of One, succeeding despite all kinds of adversity around you. It will make your "mission complete" that much sweeter.

2) Perform the great purge – Unless you want to have some sort of "Last Supper" type ritual where you say goodbye while eating the rest of your junk food, head to your fridge and closets and get rid of all the bad stuff. Sodas, juices, cookies, crackers, ice cream, whatever... get it out of your house. If you live in a house with people who aren't willing to change with you, you need to develop the strength to resist this Kryptonite. It's tough, but certainly doable.

3) Starting today, keep track of what you eat for the next 3 days – Write down EVERYTHING; every candy bar, every cookie, every French fry, every soda. I bet you will discover that you eat WAY more calories than you think. Record your food for free at DailyBurn.com, SparkPeople.com, or CalorieCount.about.com.



4) Make a conscious effort to change one thing each week or try a new vegetable each week – Make the switch from white bread to whole wheat bread this week, from regular peanut butter to natural peanut butter next week, and then substitute mixed veggies for French fries the next time you go out to Applebee's.

5) Take it slowly – If you're anything like me, too many food changes at once is cause for panic. Take things slowly if you need to, and only make changes that you can live with indefinitely. This isn't a diet – it's a change in a way of life.

6) Plan out your meals – Sit down for 20 minutes on Sunday, and think about what you plan to eat the next week - which days you'll bring lunch to work, when you'll cook dinner, and so on. The more you can plan, the better chance you'll have of actually eating well.

GOOD LUCK

That's your mission cadet. It's not glamorous, it's not a lot of fun, and it's probably drastically different than how you're used to eating. Don't forget that how you used to eat got you where you are today, so the new YOU must forge a different path.

You'll hit speed bumps along the way (not literally, unless you're eating and driving), and there will be weekends when you don't have the chance to control everything you eat due to circumstances outside of your control. Instead of freaking out and worrying about it, just keep yourself in control and then get right back on track when you can.

We are creatures of habit, which means the habits you have now need to be replaced with a new mindset and new habits if you're going to be successful in transforming your diet.



The road might seem long and daunting at first, so just take things one day at a time – get through one meal with better decisions, and you can get through two. Go one day without caving, and you can go two.

Although it was pretty terrible, *The Matrix Revolutions* had one particular scene that really resonated with me. While fighting Neo, Agent Smith **became incredibly frustrated:**

Agent Smith: Why, Mr. Anderson? Why do you do it? Why get up? Why keep fighting? You must be able to see it, Mr. Anderson. You can't win. It's pointless to keep fighting. Why, Mr. Anderson? Why? Why do you persist?

Neo: Because I choose to.

You always have a choice – chose to get healthier and live better. One choice at a time, one meal at a time, one day at a time.

Do it.

