

# BACK TO BASIC PHYSICAL TRAINING PROGRAM

## FRANKLY FIT W/ FB

### Recommendations

Based on my own experiences with the products, I recommend the [Shakeology](#) products. I once believed that “[Shakeology](#)” was only chocolate protein powder but have since come to learn just how varied the [Shakeology](#) nutrition line of products is. At a bare minimum I recommend you integrate the use of [Shakeology](#) into your nutritional plan and I find the [Beachbars](#) to be a delicious and convenient mid-morning or mid-afternoon snack (or both). Here are links for various Shakeology products (**you are NOT required to buy any or all of this; it is merely a resource for you to explore and find what works for you**):

[Shakeology page](#) – With both whey protein and vegan versions, [Shakeology](#) is available in chocolate, vanilla, strawberry, café latte and green berry. You can buy a single flavor, 30-day supply or you can buy mixed flavors packaged for individual use (24 packets per box).

[Beachbar](#) – Available in two flavors and sold in boxes of 15, the Beachbar reminds me of a crispy rice treat with flavor... and they're quite delicious. Most protein or health food snack bars taste like paste. These surprised me with how good they are. Flavors are Chocolate Cherry Almond and Peanut Butter Chocolate.

Beachbody also has a [Performance line of supplements](#). These include everything from preworkout to recovery, hydration, Creatine and others. A [Beachbody Performance Trial Pack](#) is available.

I recommend you purchase and wear a fitness tracker of some sort. My wife and I have Apple watches which have a fitness / activity tracker app built in. It tracks our exercise minutes, active minutes and standing hours per day. It pairs with the app on iPhones. There is a plethora of other activity trackers on the market and I recommend you find what works best for you. Short of having an activity tracker that you wear, using [MyFitnessPal.com](#) (as mentioned earlier) allows you to put in minutes performed of a given exercise / activity and it estimates your calorie burn based on your previously entered personal data (height, weight, gender). I have found the MFP calorie credits to be quite generous and usually have to reduce them by up to 33% if I'm not using calorie counts from a worn tracker source.

I recommend you use a quality weight scale to track your weight BUT, unless you're weighing daily as part of an educational / nutritional measurement program, I'd only recommend weighing either weekly or every other week. There are too many things that can alter our weight day to day and it's easy to get disillusioned by seeing weight gain. And that's unnecessary. Weight loss is only one measure of fitness increase or maintenance.

I recommend you invest in a home blood pressure automated cuff. They are available for about \$30-\$45 at almost all drug stores or pharmacy stores. Just like you track your weight, you should also track your blood pressure, checking it at least weekly if not twice per week and keeping record. What you'll probably see is a reduction in your blood pressure as you eat cleaner and exercise more.