



Ron Jones
HIGH-PERFORMANCE HEALTH
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Coach RJ Health e-News!

2009-Healthy New Year!

"If you get out of condition, and I get out of condition, then America is sick. Let's make it well." --Jack LaLanne, Circa 1950s

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Some commentary on fighting spirit, being change makers, and fear of movement.

If you have even a shred of fighting spirit left for America, I have a New Year's assignment for y'all. Go immediately to Jack LaLanne's website, scroll down to the lower left corner where the TV icon is located then watch his vintage promo video on patriotism and fitness...circa 1950s! **Why didn't we listen?** We did not; now we have a legacy of shit i.e. American illness, disease, and a broken sickcare system. NO ONE has had more influence over my health and fitness career than LaLanne. He is the ultimate mentor--no one is better. **His video clip made the hairs stand up on my neck.** I am determined to make The Lean Berets the next frontal assault to right what is wrong in health and fitness. We'll continue the good fight Jack--I'll bet my life on it! **To view LaLanne's video above, go to www.jacklalanne.com.**

What are you afraid of? Being well? Helping others be well? Making the country and our world a better place? I can't count the number of times I've met someone, reached out, offered help for FREE, etc. and the person or organization as totally went into the Dead Zone--are they paralyzed by fear of engagement? One very important strategy I learned from Jack LaLanne was to encourage the public to be Ambassadors for Health. LaLanne and I are big on getting people to talk up health. Break away from the herd, the followers, the people making this country sick. Other options? Follow the herd into death, destruction, and disease. NOT for me baby! Some examples!

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- At my corporate apartment in SoCal, I noticed a problem in the trash bin area. There are four bins. Three "green" and one "white." The white bin is actually the "green" bin i.e. the recycle bin. The trash bins are painted green. There is no signage. While many can figure out the one painted different must be the recycle bin, you'd be surprised! There is a ton of cardboard and good recyclable material in the "garbage" bins! I wrote the garbage company a nice letter suggesting a few things. Simple signage indicating "Recycle Only" on the white bins. I also wanted to tour a trash facility to learn more about where recycle garbage goes and how it is processed so I could write a nice article in support of recycling. They didn't even have the courtesy to respond to my inquiry through their feedback contact process! What are they afraid of? I offered to HELP them for FREE!
- Someone approached me last year complaining about my Dynamic Warm-Up hurting his foot. When I got to the bottom of it, his foot was hurting because he had **Plantar Fasciitis**--which did not have a damn thing to do with my DWU! I think I've got the best **Plantar Fasciitis** "Fix Your Own Foot" protocol you'll find * (see full article below). I quickly offered to help. I can fix about 95% of the feet that come to me with this painful condition--with SIMPLE tools you can use yourself for under \$75 bucks! He never bothered to contact me. I met another guy with Plantar Fasciitis at my high school reunion. I told him the same thing. He never called. They both walked away from FREE help that quite possibly would have fixed their feet in minutes for a few dollars. Fools. Enjoy the pain dudes! It's your fault.
- Numerous people at airports whining about their sore backs and bodies that I try to help on the fly, give them my card, tell them to contact me for free tips, then never hear from them. Why? We have been conditioned to STAY IN THE HERD, conform to Western medicine which treats disease instead of preventing it, and be afraid to speak up and do the right thing. Want to keep doing things the same old way in 2009? Enjoy the pain! Epidemics of obesity, diabetes, and disease clearly point the way to radical changes. Enter The Lean Berets. No more BS. NO more following the herd heading to disease and dysfunction.
- **Throwing down with Engagement!** Read the Matt Rodock story below. In two years, Matt went from a broken down 25 year old student to a competitive weight lifter free of joint pain using my protocols via some on-line help. I've got hundreds of testimonials from people that kicked their own ass and stopped relying on doctors for reactionary "sick" care. **Take personal responsibility for YOUR OWN health!** Engage. Throw down--NOW!

The New Year has landed! If you want to change--do it. New Year's is a great time to start again, launch an attack, and change some behaviors. Beware if you use New Year's as just another lame excuse because Lean Beret Kevin Rail will take a bite out of your ass in his Gut Check! this month.

This month for the first time, the feminine voice is heard in my Health e-News! WELLcome female Comrades. Fellow Lean Berets Rosanna Taylor and Marcia Mason have joined the elite fitness fighting forces of heavy-metal healthcare. Fight on--let's be heard!

An important perspective this month is my historical look into what should be reality--but now is fading history. For those criticizing me on being too harsh, unrealistic, or inaccurate...think again! Be sure to check out my absolutely MIND

Fast Fitness!



MountainClimbers

These are simple body-weight exercises for the core that are pretty cool. Just find a box or secure chair and get it on! All the details are below on my weblink. Enjoy!

[Check out my Mountain Climber Webpage](#)

Ron Jones Links

RonJones.Org
Mental Skills Workbook
Dynamic Warm-Up DVD

Join Our Mailing List!



Avengers of Health!

BLOWING (or should it be "Body Exploding") link to "[Body Check 101: The Pre-Obesity Era of America.](#)"

The Lean Berets-Avengers of Health!



We are gaining steam with our new 30X30 Challenge Comrades! Join the FIT Revolution then let's rip this message across the country like a wildfire! **WARNING:** Donuts and couch potatoes will get burned!

Give us Freedom through FITNESS, or give us death! See y'all on the front!

[MOVE front and center with The Lean Berets ACTION!](#)

30X30 NO EXCUSES New Year's Challenge!



Nearly 80% of Americans are overweight, out of shape, or both. This is a time for strength and immediate action-the future of America depends upon it!

We have a serious New Year's 2009 challenge and simple solution to America's decreasing health-30 days in a row of exercising for at least 30 minutes a day. It can change your life for the better-mentally, physically, and even spiritually. Prerequisite? Dedicate then execute after you declare **NO EXCUSES** for yourself.

- 1) 30 Minutes Per Day Minimum
- 2) 30 Consecutive Days in a Row
- 3) NO EXCUSES!
- 4) NO Minimum Pace Required-Just Move!
- 5) Must Be "Dedicated Time" for Exercise

I've decided to take the 30X30 Challenge again myself--I need the exercise! I'll be logging a daily blog about my mood and workout struggles and triumphs each day. [You're invited to view my 30X30 blogs here.](#)

Interested? [Report for duty NOW and get started!](#)



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[BlogSpot](#)
[MySpace](#)
[TheLeanBerets](#)
[YouTube](#)
[Shutterfly](#)

"Sugar on the Brain, Diet Coke Plus a 'Health Drink?!', Fat Kids--We Aren't Calling It, Gastric Bypass 'Solution' for Teens"



My Today's News: I do my best to find health news that might not be on the major radar screens of everyone--but is worthy of our attention and reflection. Usually there is something different here...if not mind-blowing. When possible, I also highlight *positive* health news; however, positive increases in health and wellness today are not exactly the norm. It is what it is. I didn't make the health problems, but I'm here to help fix them!

Blood Sugar & Brain Function: Emerging research suggests that radically fluctuating blood sugar levels are basically trashing neurological function and brain chemistry quite possibly leading to Alzheimer's Disease. What did you expect? Eating a total crap diet without exercise would actually help brain function and healthy brain aging? NOT! Any moron should be able to figure this out, and after seeing this research, it sounds like we are creating a lot of neuro morons these days. **"Possible" solutions offered by the researchers? Exercise.** Imagine that! Enjoy the sugar high unbelievers. For those that can still think clearly, [Read full story.](#)

Diet Coke Plus: The FDA has issued a strong warning to Coca-Cola for misbranding their Diet Coke Plus with false health claims. The Diet Coke Plus has vitamins added. Outrageous! Drink toxic fluid then stick vitamins in it thinking everything will be okay--NOT! [Read the FDA Warning Letter.](#)

Child Obesity Under Reported: Disturbing revelations about how most fat kids are not being told they are overweight by medical professionals. People have a skewed idea today of what is truly "normal." When I was a kid in the 1960s and 1970s, there was only about one fat kid in each elementary classroom. Now there can be 85% of them overweight if not completely obese! Here's the quote: "Despite having set pediatric BMI guidelines, this is a bit of a wake-up call to pediatricians that as many as **90% of overweight children are not being properly diagnosed,**" said David C. Kaelber, M.D., Ph.D., M.P.H." [Read Full Story on "Can't Chalk It Up To Baby Fat."](#)

Gastric Bypass & Teens: This continues to escalate. I'm warning you--buying into this as a "solution" is complete and absolute BS! We still don't know what the long-term effects will be of removing 90% of your stomach and some of the other extreme methods being used. We are delivering possible DEATH--not healing root cause of obesity. Will it "save" some teens from diabetes? Yes. These conditions are fading with many bypass patients; however, the root cause is still there...which is our culture of crap! I've known MANY adults that gain ALL the weight back after bypass. Guess what? They not only remain obese but now have even worse health because their digestive system has been hacked! Don't believe the hype Lean Berets! **Give your kids the best gift of all-HEALTH & WELLNESS--not gastric bypass!**

Gut Check! "Chocolate Covered Cigarettes"



This month's *Gut Check!* by *Kevin Rail* rips into people living (dying) it up before a self-sabotaged attempt at yet another New Year's resolution. **WARNING:** This Gut Check is not for the weak of heart--or mouths and cigarettes covered in cookie chocolate!

[Read "Chocolate Covered Cigarettes" by Lean](#)

[Beret Kevin Rail--Avenger of Health!](#)

Fit-4-Life Kids:

"Why Don't Children Walk to School?"



Lean Beret Rosanna Taylor has contributed this awareness article on why our kids don't walk or bike to school. With soaring obesity, traffic gridlock, sagging economy (and butts for that matter), it's a great time to *get our kids ACTIVE!* Rosanna did her Master's Thesis at Cal Poly San Luis Obispo on the benefits and barriers of walking or biking to school--this woman knows walking

and biking! WELCOME Rosanna.

[Read Rosanna's informational article--then hit the road walking and biking with your kids as much as possible!](#)

Fat Attack!

"Glaceau Vitamin Water Endurance"



One of the worst things you can do if you're worried about gaining fat weight is to drink your calories--or make your kids drink excessive calories. Endurance formulations are for serious athletes in extreme conditions...most people never even approach that level of output or intensity so don't need these high calorie drinks.

Glaceau Vitamin Water Endurance (20 oz.)

125 Calories

0 grams fat

33 grams sugar!!! This is nearly as much sugar as a can of Coke!!!

(Source: Eat This, Not That! For Kids!)

Mental Skills Training: "Challenge THROW DOWN!"



Mentally, people like a challenge--something they can reach for. In goal setting research, it has been proven that "soft" goals do not work as well as "challenging" goals. Challenging goals are not impossible--just hard. Hard is good. Get over it. Then kick your own ass!

The Lean Berets 30X30 NO EXCUSES New Year's Challenge is about the above. How many people will

exercise 30 days in a row throughout January? Very few. Be one of them. It can and will change your life.

Reach. Believe. Strip your own BS Excuses. GET IT ON!

To learn more about Mental Skills Training and Sport/Exercise Psychology, see my MST Workbook.

Amazing Body Fact! "Smiling"



It takes 43 muscles to frown yet only 17 to smile. While you'll burn more calories frowning, I suggest you hit the gym and rip a good interval workout then leaving smiling! You'll be better off metabolically--and a whole lot better off mentally. Enjoy!

(Source: Bodies...The Exhibition)

Wellness @ Work: "Matt Rodock-Movement Heals...in Five Minutes!"

While not a "work" story, it is similar. I have what I call a 95% rule. I attempt to heal 95% of my people with "Fast Five Fixes" in five minute workouts or less. My BEST protocols hit this mark. A "Fast Five" Fitness Fix healing backs, shoulders, and Plantar Fasciitis foot pain. I've done it--MANY times. Here's one of them...

Matt Rodock is a student at University of Wisconsin. Two years he wrote me. He "was" jacked up. At age 25 in chronic pain. Fed up with physical therapy, he reached to me for root cause solutions. Read his comments. You decide. Want health? Get it. Want pain and disease? Follow the herd.

"Well it has been nearly 2 years since I initially contacted you and just wanted to say that I am much more mobile in my hips, much more stable in my core, and took up a new hobby, weightlifting. In 5 months of lifting, I am up to a 370 pound squat, 225 bench, and 430 pound deadlift, all lifts are unequipped, and I'll be competing in the 165 pound division. And my back is better than ever. Just wanted to say thank you so very much for all of your help and wish you all the best.

Indeed, movement in the truest sense of the word heals. NOT just static stretching. I got a LOT of static stretching when I worked with physical therapists. I don't think it is a bad thing, but it is very incomplete in regards to mobility training."

Starting Point in 2006 for Matt Rodock:

Age 25, 5'9", 145 pounds. Other than joint pain, I'm healthy, don't smoke, don't drink, etc. My left hip hurts at about a level 3 (1-10 scale) almost always. ***I have had chronic back pain that has reached at least a level 5, 95% of the time in the last 4 years.*** I have an extremely difficult time sitting, after 30 min. my pain level will usually increase by 2 levels, if I sit for a long period of time it can become close to unbearable.

I enjoy your site immensely, and whenever someone wants great fitness information I send them over. I have noticed you plan on doing a special conditions section and I was curious if you have any timeline on the back pain, hip pain and stabilization, and postural deviation and imbalance sections. ***As a 25 year old with chronic back, hip, and ankle pain who has had extremely limited results with physical therapy over the last 4 years, I eagerly await your information on these topics.*** Thanks for any information you can provide. Thanks again for a fabulous site!

What did Matt use of mine to get these results? My five-minute Dynamic Warm-Up daily and my core training protocol. While researched based, you won't see these in a journal or text book. Those people are still busy blowing me off saying it won't work. HA! While they are not believing, I'll be healing in five minutes or less!

Here's a summary of my corporate core training protocol that I'll be putting into a larger workbook that goes with my hands-on workshop teaching these methods. **Believe? Then get it on.** Heal yourself from within! The protocol summary below is not a visible public link on my website. It's something in development that I'll share with my e-News readers for free. Enjoy--LESS pain!

- [Back Injury Prevention Protocol Summary](#)
- [Ron Jones Dynamic Warm-Up](#)

"Think Root Cause. Act Prevention." --Ron Jones

Kettlebell Korner



I continue to shatter my personal power records by the week! I'm amazed and so are my friends and family. I'm not much "bigger" but a hell of a lot stronger and way more explosive. Mentally, I have honed back much of my fighting edge again. Here's some current marks for those that understand KBs. *Please bear in mind these are HARD STYLE personal records...*big difference between RKC HARD STYLE and stupid KB pet tricks on YouTube by people that are dangerous.

- **SSST PR:** 130 reps with 24kg in 8:00
- **V02 Max Protocol (15:15):** 35 minutes, 7 reps per set with 16kg
- **2-Arm Continuous Swings:** 3:00 with 24kg

For more solid info on getting into the world of kettlebell training, check out my Kettlebell section below. Pavel's Enter the Kettlebell is a great place to start with DVDs. Other references are listed to help too. *Enjoy Comrades!* [Learn more about kettlebell safety and training.](#)

Fitness & Safety: "Attitude, Women, & Martial Arts"



Lean Beret and 4th Degree Black Belt Marcia Mason has contributed this eye opener of awareness on the "attitude" women need to avoid danger. And if danger arises in the moment of truth, Marcia and her GurIfytrz WILL throw down. I wouldn't want to be on the receiving end of their "attitude" Comrades!



Marcia Mason Attitude!

[So "Vibe Out" your attitude girls after you read Marcia's "Attitude is Everything!"](#)

Eco-Health: "Neti Pots"



I first learned about these simple yet effective sinus cleansers from yogi and endurance guru Steve Ilg of WholisticFitness.Com. As Guru Ilg stated, these things are amazing! They basically allow you to back wash your own sinuses. I prefer the plastic one

pictured--also the cheapest--because the end of the spout is larger which helps to seal off the nostrils plus they are unbreakable, so you can easily travel with them.

My Mom had horrible sinus issues the doctor said could not be resolved without surgery. She now uses the Neti Pot daily and has cleaned up her own sinus issues at home for under \$15.00! My wife also swears by the Neti. I use it at the beginning of my shower with luke warm water. The website has sea salt for sale to use with the Neti, but this is too much hassle for me. I use it straight up--no salt. This seems to work just fine.

The plastic one we use is on sale for just \$8.37. What are you waiting for? Eight bucks vs. stuffed up sinuses!!! Enjoy unrestricted BREATH!

Curious? Check out the video below. It looks weird as hell, but they work--so who cares what it looks like?!!!

- [Neti Pot Tutorial Video](#)

[Check out my recommended Neti Pot and start cleansing your sinuses NOW!](#)

Body Check 101: "The Pre-Obesity Era of America"



The public is clueless and has been duped about healthy weight. Think you are normal? Here's a reality check. If you are a man with over a 40" waistline, YOU ARE FAT and at high risk! Women with over a 35" ARE FAT with high risk! **Get over it--it is YOUR FAULT!** Think I'm full of crap? Yeah...about as much as Jack LaLanne.

I've dug into some archive photos of what Americans used to look like in the 1920s through the 1970s. Check them out--then call me a liar and zealot while you stuff donuts on the couch if you dare. One is my own photo from a Halloween party I had in 5th grade. Find the fat kid. There isn't one! "Back in the day" the so-called "heavy" kids would look "normal" today! **HINT: Today's normal is NOT--it's actually unhealthy fat and obesity!**

[See for yourself. Look closely at the images of the past...gaze into your own future and the future of child obesity...THEN CHANGE IT!!!](#)

Handout of the Month: **"Plantar Fasciitis--Fast Fix Your Own Foot!"**



After two years of personal struggles with *Plantar Fasciitis* and helping dozens of corporate clients and web visitors with this painful condition, I have finally settled on a new Coach RJ Protocol for fixing your own foot. I think it's the best around...many of my foot friends would agree!

[Check out my new handout and Plantar Fasciitis section for more info. Handout link towards top.](#)

History of Fitness: **Catherine Beecher (1800-1878)**



I have spent decades studying the history of fitness so I could learn from those before me like Jack LaLanne, Bernar McFadden, the Greeks, and beyond.

Catherine Beecher was essentially the creator of modern aerobics with music! Jane Fonda didn't have anything on Catherine Beecher! She introduced

innovative calisthenic exercises into school curriculum for young women. Read a quote from one of her letters below:

"When physical education takes the proper place in our schools, young girls will be trained in the class-rooms to move head, hands and arms gracefully; to sit, to stand, and to walk properly, and to pursue calisthenic exercises for physical development as a regular school duty as much as their studies. (Catherine Beecher, Educational reminiscences and suggestions, pp.85-86.)"

[Learn more about the amazing Catherine Beecher and her contributions to health, fitness, and education for women.](#)

On the Road with Coach RJ...



I'll be throwing down hard and fast in January and February out in SoCal. I helped my kettlebell instructor friend and martial arts expert John Spezzano to organize a self defense workshop for 50 of my corporate clients. Things are getting crazy. It is my goal to prepare my people so they can be survivors--NOT victims. Stay tuned...we are working to pull this awesome four-workshop into Atlanta and other LA locations. Lean Beret Kevin Rail is organizing a weekend warrior workshop for The Lean Berets in Clarks Summit, PA...we are shooting for early spring.09.

Next Issue...March.09



During January and February, I'll be channeling some extra energy into launching The Lean Berets podcast and videos... hang in there, stay strong, and I'll catch y'all in early March.

Health--it's ALL good. Keep MOVING America...we need it more than ever.

Please pass along my **Coach RJ Health e-News** to people interested in **High-Performance Health**.

In Life-Long Health--ALWAYS!

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Get Fit. Be Strong.

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