

part one

the
body noble
method

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the body noble

How would you like to have a fit, sexy body without ever having to step into a gym? How would you like to reduce stress and feel reenergized? How would you like to be in great shape without ever having to hire a personal trainer, race off to an exercise class, or devote hours of your day to staying fit?

You shouldn't have to turn your life upside down to be fit. You need a fitness program that fits into your schedule—not the other way around. You need a fitness program that works no matter how busy you are and no matter where your day takes you. You need *The Body Noble*.

The Body Noble is based on my innovative training approach, which enables you to maintain a strong, sculpted body in just minutes a day. I began my career as a personal trainer to some of the busiest people on the planet, including high-performance athletes, high-fashion models, and actors who always have to look good. Many of my clients have little or no time to work out, yet I manage to get them into peak condition in record time, without overtaxing their bodies or overstressing their minds. The Body Noble Method can achieve the same fast results for you. It is a safe, simple, fast approach designed to accommodate the busy modern lifestyle.

Some of you may be familiar with my show, *Urban Fitness TV*, the fitness and lifestyle magazine show that airs on FitTV. If you've ever watched *Urban Fitness*, you know that I am on a personal mission to make fitness accessible to everybody. My goal is to dispel the urban myths that discourage many people from even trying to stay fit—such as “You can only get a good workout in a gym,” “Staying fit has to disrupt your life,” or “Fitness is a luxury that doesn't fit into a fast-paced lifestyle.” None of these are true. The Body Noble Method incorporates all the important components of fitness—strength training, stretching, cardio, and relaxation—into one quick, easy-to-follow program that takes about 20 minutes a day. And you can stop paying for that gym membership you never use. You can do a great workout at home in about the same amount of time it would take you to drive to and from the gym. But if you choose to go to a gym, you will find that the Body Noble Method will enable you to work out better and faster there, too.

How is it possible to pack so much into a workout in so little time? When it comes to fitness, quality is far more important than quantity. It doesn't matter whether you do it at home or at a gym, if you work out with the correct technique—which few people actually do—you can achieve spectacular results in a fraction of the time. The reverse is also true: If you don't use the right technique, you can spend hours working out and enjoy few or no results.

a holistic approach

I am passionate that fitness is not about pumping iron or getting bigger muscles. I call myself a fitness lifestyle trainer because I feel that fitness entails living a full, healthy lifestyle, feeling good about your body, and having both the mental and physical energy to achieve your goals. Simply getting someone to go to the gym once or twice a week is not going to make a *long-lasting* change in his or her life, but convincing someone to embrace a fit lifestyle can help facilitate a profound change. The Body Noble Method is as much about enhancing—and enjoying—your life as

it is about sculpting and toning your body. It's about eating well, staying centered, and even maintaining the proper posture so that the good results of your workout are not undone by poor muscle alignment. Once you experience true mental and physical well-being, you will not want to go back to your old ways.

The Body Noble Method is also about doing a workout that's right for your body and that doesn't aggravate existing injuries or cause new ones. I studied massage therapy and physical therapy in college, and I draw upon my extensive background in rehabilitation to teach you how to strengthen weak points in your body and protect against injury.

my high-performance life

I come by my interest in fitness naturally. My father, Duke Noble, was a professional wrestler from Alabama who migrated to Toronto in the 1960s. He was one half of the first all-African American tag team. When I was a small boy, I loved it when my dad would bring me to the wrestling ring and hold me up to cheering crowds, which sparked a lifelong interest in performing. As a child, I would spend weekends working out with my dad doing sports, in which I excelled. My dad impressed upon me the need to eat a clean, wholesome diet, and he would often take me to the local health food store, where he would stock up on vitamins and drink freshly squeezed organic juice. Much of the nutrition information he taught me has been incorporated into my own Body Noble Eating Plan, an important component of the Body Noble Method.

I briefly considered a career in medicine, but decided to major in Physical and Health Education at York University in Toronto. To pay my way through college, I worked as an aide in a hospital, where I was assigned to help young paraplegic and quadriplegic patients. Many of my patients were young men in their twenties who were unable to perform the simplest tasks for themselves and who relied on me to do everything for them. Up until then, I had always taken my strong body and good health for granted, and I was profoundly moved by the

experience. I came to more fully understand the connection between physical health and mental well-being. Working with these young men taught me an important lesson that I try to pass on to my clients: You are born with one body, and you need to do everything you can to maintain it for a lifetime.

I knew that I enjoyed taking care of people but didn't want to work in a hospital setting. I decided to study sports massage therapy at the Sutherland-Chan Massage Therapy School in Toronto, which would be a great way of incorporating my desire to work with people and my long-standing interest in fitness. The sports massage therapy program was a rigorous undertaking that required more than two thousand classroom hours in the study of anatomy, physiology, rehabilitation, and exercise science. It was the equivalent of a doctorate in muscles, but worth the hard work.

After I completed the training program, I worked as a sports massage therapist at a chiropractic center in Toronto and was appointed head therapist at the Canadian National Tennis Tournament held at York University. One day, John McEnroe walked into the training room complaining of shoulder and hip problems, and I used my blend of massage and stretching therapy to get him back into the game. McEnroe was so impressed with my technique that he offered me a full-time job as his trainer and sports massage therapist. I leapt at the chance to work with the sports icon and to travel with McEnroe and his family during his last year on the ATP tennis circuit.

McEnroe, who was well known for his explosive temper, complained to me that he would sometimes get so angry during a game that he lost his concentration. I suggested that he and I study transcendental meditation as a means to help him better cope with stress. This showed me the importance of incorporating deep breathing and stress reduction into my training regimen.

After a year on the road with McEnroe, I lived in Hollywood, where I was a trainer and sports therapist for celebrities such as Maria Shriver, Michael J. Fox, Tatum O'Neal, and Rutger Hauer. I was lured back to Canada to be a fitness correspondent for CBC, Canada's leading TV net-

work, and I was the host for the International Triathlon series *Very Racy*. I later developed the *Urban Fitness TV* program. I love being on television because I can train thousands of people at a time.

maximize your workout

To get the most out of working out, you need to engage both your mind and your muscles. The Noble Technique explained in this book is one of the unique features of the Body Noble Program. An approach to exercise that allows you to work your muscles more effectively and efficiently than other standard workouts, it consists of three vital components: Touch Training, which I will describe in chapter 5, deep breathing, and visualization. The Noble Technique shows how to isolate each muscle group—and what is more important, how to mentally focus on individual muscles as you work them—so you can get the most out of your workout in the least amount of time.

Once you learn the Body Noble Technique, you're ready to begin the 20-Minute Body Noble Workout, a series of resistance exercises that tones, strengthens, and stretches every important muscle group in your body, from your shoulders to your quads. Ideally, you should do a total body workout at least three times a week.

The stretch component of the Body Noble Workout is as important as the actual workout. If you want to keep your muscles strong and your joints flexible, you have to stretch after working your muscles. Many people, however, have a hit-or-miss attitude about stretching: If they have time at the end of their workout, they do it; if not, they put it off for another day. Pressed for time, many people have eliminated stretching from their exercise routine. Unfortunately, if you don't stretch after weight training, your muscles can become stiff and prone to injury. The major problem is that people don't know how to stretch effectively and efficiently. I show you how to incorporate a quick power stretch into each exercise routine so that every muscle is stretched immediately after working it out.

Cardio, or aerobic training, works your heart and turns up metabolism so you can burn fat and stay lean. You don't need to do a lot of cardio, but you need to do at least 20 minutes every other day. I offer some ingenious ways of adding cardio to your life at your own convenience, in 10-minute intervals, while you're doing other things such as watching television, running an errand, playing with your kids, or shopping.

the world is your gym

With the Body Noble Method, you don't need to invest in a lot of fancy gym equipment for your home. With simple, inexpensive tools such as an exercise ball and an exercise cable, you can do a complete, full-body at-home workout that rivals any gym workout. Once you learn the Body Noble Method, you don't have to be at home to work out. You can tone and strengthen your muscles virtually anywhere, anytime, going about your normal life.

- Stuck at your desk? Stay tight and toned with the Office Pump.
- Sitting in traffic? Put your car in park and do the Traffic Jam Pump for a great upper-body workout.
- Is your plane delayed or are you on a long flight? You can do a full-body Jet Set Fitness Workout.
- It's your turn to clean up the house? Work your upper and lower body with the Dishwashing Upper-Body Pump and the Vacuum-Lunge.
- Glued in front of your TV set? Do the Couch Potato Workout.

The Body Noble Method will show you how to easily and seamlessly incorporate fitness into your life, whether you are having a good week or a bad week.

personalize your workout

Not every workout is for everybody. When I see new clients, I evaluate them to assess which type of workout is best for them and whether they

have any specific problems that need to be addressed. To achieve the best results, you need to do a workout that is specific to your body type. There are three basic body types: the lean machine, the muscle maker, and the fat fighter, and each one needs to approach fitness a bit differently. To maintain muscle mass, naturally lean people need to do a more challenging strength-training program (heavier weights and/or more resistance and fewer repetitions) and less cardio. Just the reverse is true for fat fighters: To get lean, they must do more cardio and work with lighter weights and/or resistance and more repetitions to rev up their metabolism. Most people fall into the category of fat fighter—they tend to gain weight easily. Muscle makers are natural athletes who make muscle easily but can get fat quickly if they stop exercising. They need to be vigilant about maintaining a consistent program. To maximize their physical potential, moderately muscular people must do equal amounts of weight training and cardio. How do you know which type you are? I have designed a short questionnaire in chapter 3 to help you identify your strengths and weaknesses so you can personalize your workout.

how to use this book: getting started

I have divided *The Body Noble* into three parts.

part one: the body noble method

The right technique provides a strong foundation for an effective workout. In part one, I teach you everything you need to know about your body so that you can get a great workout each and every time in less time than you ever thought possible. You will learn Touch Training, breathing and visualization exercises, and how to achieve perfect posture. I also give you some important information on how my program can enhance your life and improve your health. I know that some of you may be tempted to skip this section and go right to the Body Noble Workout. Please don't. You will not get optimal results if you don't follow the

complete program. You will save yourself a lot of time down the road if you work out correctly in the first place.

part two: the body noble workout

The Body Noble Workout consists of a combination of resistance exercises and stretches that work out every single muscle group using nothing more than an exercise ball and an exercise cable. Once you have mastered the Body Noble Workout, you can move on to the Body Noble On-the-Go Workout, which includes basic exercises that can be done virtually anywhere—at work, commuting to your job, sitting on a park bench, or even washing dishes. The Body Noble Lifestyle Fitness, a variation of the On-the-Go Workout, shows you some fun ways to incorporate basic exercises into your life. And if you get bored with the basic workouts or want to give yourself a real exercise challenge, I offer the Body Noble Challenge, a series of exercises for more advanced people who are progressing rapidly on the program and want to move to another level of fitness.

part three: the body noble lifestyle

Exercise is just one component, albeit an important one, of overall fitness. In part three, I discuss other aspects of staying fit and healthy, including information on nutrition, supplements, how to strengthen your weak links, how to look good, and how to stay motivated.