PATRIOT FIT DEPT.FOR MEN 50+

THE 14-DAY
PATRIOT
FITS
CHALLENGE



HEADQUARTERS, DEPART. OF PATRIOT FIT AUSTIN, TX

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## Introducing The 14-Day Patriot Fit Challenge

Unlike most men our age who have simply given up and have accepted all the detrimental effects of aging and life has thrown at them...

You decided to do what a REAL man would do.

This is the first step in you taking back control of your manhood and life, in addition, ending the stigma that getting older means you would have to be seen as weak, frail, or even sickly.

Instead, together we'll show all men that you can still be masculine, strong, and even ripped with abs at our age!

For that, I salute you!

And congratulations on taking the first steps in living a life with the body and health you deserve.

You may not realize this yet, but by taking this challenge, you've not only made a change for the better for yourself, but for everyone that loves you! Best of all, this is a chance to show everyone what a badass you still are damn right!

In this program, we will begin exploring how to reactivate muscles that may have been dormant from a lack of being challenged over the year, boost your fat-burning metabolism, as well as improve brain functions, which are all vital for being the strong, independent men we should be - at any age.

By naturally supporting our body's male testosterone hormone production with workouts combined with an essential eating guide designed for men

our age - especially for those with pre-existing joint conditions, currently experiencing low energy levels, and weight issues - you can finally have the tools to take control of your health and fitness for the body you deserve to live the life you've worked so hard to have.

As I've mentioned before, as older men, we need to do things in a completely different way from any younger guys.

We need to use low-impact workouts and fuel our bodies with foods that are not only safe for us but support our testosterone production.

This is a key component of any fitness system for us older men that's always been missing in most health programs designed that you see geared towards younger men who don't have to worry about what we do now.

The 14-Day Patriot Fit Challenge is here to get you ready for my new and complete, comprehensive plan "The Patriot Fit Plan" that I've been working to bring to you and which you'll be able to claim access to very soon.

Remember, most men make the mistake of jumping into a full and much more difficult program too early before their testosterone levels are supported, and before their body's muscles and joints are truly ready!

And this can end up causing much more harm than good by ruining your joint further and possibly even causing a devastating injury that could end our independence.

However, the great news is that you have the 14-Day Patriot Fit Challenge on your side, and it's designed to prime your body, boost test production and give you the best physical head start for the rest of your life. So let's get started!

### About Toby Buttle:

I grew up as the youngest of 5 siblings in Atlantic City, NJ in January of 1956.

My father was an agent in the FBI and my mother was a high school music teacher who raised my siblings and me to follow very strict moral standards under her household. We were always taught to do everything we can to help not only those in and close to our family but also anyone that may be in need.

That's one of the main reasons why growing up I always knew that I would dedicate my life and pursuit of a career in serving our great nation and protect the freedom of its people. I attended the U. S. Naval Academy where I played football and sustained a knee injury and graduated in 1978. From there, I was commissioned as a 2nd lieutenant into the United States Marine Corps for 5 years, where I rose to the rank of officer and ultimately finished my time as a captain.

From being conditioned as a college athlete in my younger years, being physically fit year-round was just a normal way of life for me. Combined with the determination, discipline, and drive instilled by the Marine Corps, I've always made it a point to continue my physical regimen over the years to operate at my best, at all times.

Now, like most other men, life and all the wonderful joys it has brought became priorities over being in peak physical conditioning. I got married, raised two children, worked long hours, and became caught up in a lifestyle that was not conducive to maintaining a healthy body. I tried, from time to time, to make it a habit of working out regularly but always fell short for one reason or another.

It wasn't until my early 50's when I took a look at the scale and saw it was 50lbs heavier than when I left the Marine Corps all those years ago. That's when I finally decided to get serious and try to find a way to, not only re-capture but maintain the same lean, muscular body I had 25 years ago. From that point on, I made it my goal to become a big proponent of staying fit for our generation of men moving forward. By maintaining an active, healthy lifestyle to give ourselves the best chance of having a great quality of life we deserve when approaching our 70's, 80's, and beyond.

Through a lot of research on my own, going through countless trials and errors, and recalling my most effective military conditioning and training techniques, I've retrained my weakened and aged body to the strong, healthy, and confident you see today.

I am living life and feeling better than I ever did in my 40's. Furthermore, I am living proof that it is possible to lead a lifestyle that can make you look and feel better than you were at a much younger age.

But, that's enough about me... We're here to talk about YOU and what you'll need to do in the next 14 days and beyond to achieve the **youthful**, **healthy**, **and lean masculine body you rightfully deserve**.

So review this guide right now and let's start applying these testosterone boosting, anti-aging, and health optimizing tips immediately. THAT'S AN ORDER!

Toby Buttle

## How The 14-Day Patriot Fit Challenge Works:

Over the next 14 days and every 14 days thereafter, you will follow this guide, follow through with the series of workouts and make key nutritional changes to your eating style to reignite the production of your master male youth hormone (Testosterone).

In addition, this will allow men our age to jumpstart our fat-burning metabolism and even quickly help you rebuild the muscle you need to stay in tip-top shape - even after 50.

Now if you've upgraded to get all the workouts in video form, you will see all the videos in the same member site containing this 14-Day Training Guide.

Now, before starting and to ensure that you qualify to win the challenge, simply use your cell phone, or camera and take a "before" shirtless photo in the mirror from the waist up.

Please also note your starting point by holding a paper stating your current weight and date - month/day/year - clearly shown.

Once you've done so, submit your photo into our progress tracker in your private member training area.

Here we'll store all your progress photos for your own future references and for us to vote for the winner.

Now you'll need to repeat this every 14-days.

This means you'll need to repeat the 14 Day workouts, continue to follow the nutrition guides, and submit a new "Progress Picture" every 14-days until we announce the voting for our winner in our FB group. Now I know that taking a shirtless photo can be uncomfortable for many of us...

If so, simply take a photo with the same shirt every 14-Days while holding a paper note stating your weight.

Now just to be clear, you will need to repeat this every 14 Days!

That's why it's called the 14 Day-challenge!

It's designed to help you build not only the body we want, but also help you build a healthy fitness habit that will carry you well into the future.

Again, we will announce when we'll have the voting period in our Private "Patriot Fit" Facebook group.

From there, all the 14-Day challengers will get the chance to vote and choose a winner of who you guys think made the most dramatic transformation in the challenge.

And that winner will receive the complete access to the New **Patriot Fit Plan** (when it launches) along with a year's supply of our Patriot Fit

Test-support supplement.

Plus, with your workouts and nutrition guide, I've included a set sequence of stretches designed to activate muscles, joints, connective tissues, and start ramping up your dormant test levels even faster.

Now, if you are currently on testosterone replacement therapy from your doctor, then it's even more vital for you to start immediately! (with doctors consent)

With more testosterone through replacement therapy, your strength may increase, however many of your connective tissues and muscles will not be able to support that strength, which could cause muscle tears and ruptures.

So no matter what current physical state you are in, I'm here to help!

My goal is to provide you with everything I can so you can start building back up what we've lost as we've gotten older and provide you the tools to have the foundation for the health and body you deserve.

Listen, many trainers or fitness programs never give men a chance to ease into a fitness program,

And this is why so many men get discouraged after starting another cookie-cutter system that is designed for younger guys who aren't dealing with the things we older men have to worry about.

That's why I built the 14-Day Patriot Fit Challenge to give you a headstart into ease into a true routine and kickstart your fat-burning and test-boosting potential moving forward.

Remember, the winner of the challenge will not only feel great and optimize their health, but they also get a chance to win my New **Patriot Fit Plan** for men 55 plus and get a year's supply of my all-natural testosterone-booster supplement.

Welcome again and let's do it!	

#### "Full-Body Wake Up Call" Patriot Fit Stretching & Workout Routine:

Over the course of the next 14-day challenge, you will start your mornings with body-activated stretching and a quick fasted workout that should last no longer than

15 minutes total. These compound muscle movements combined with <u>cognitive</u> <u>conditioning</u> during active rest periods between exercises will help to get your body primed to burn fat and build lean muscle all while sharpening your mind to operate a peak performance level.

#### **Training In A Fasted State**

From the moment you wake up in the morning, your body is in a peak state to help burn off unwanted body fat. In fact, from the time you placed your head on your pillow and went to sleep, you entered your body into this state of fat-burning potential. By avoiding breakfast as your first action of the day and using this "fasted state" your body is already in, your body has the ability to draw on that unwanted body fat to burn off as energy for your training to help avoid any further unwanted fat gain while getting into the shape you want.

Remember to follow these 3 simple guidelines to do so:

- 1. Avoid eating any food prior to doing your 15-minute Patriot Fit Challenge routine.
- 2. Start your day by drinking a full 8oz glass of water.
- 3. Break your fast after your workout with foods meant to boost your male hormone support and avoid putting on any more unwanted body fat.

#### **Compound Muscle Movements**

We will be using unique sequences of compound exercise movements that help trigger the production of your male testosterone levels. Compound exercises are completely different from isolation exercises such as biceps curl and other single-joint movements that are purely aesthetic purposes which most younger men do. Compound movements utilize two or more major muscle groups to complete an exercise, making multiple muscles work simultaneously to complete the exercise in a shorter, more efficient way. This is key for building a foundation in your fitness to operate optimally and be at your peak performance levels moving forward.

I've customized and designed each compound exercise to utilize multiple muscle groups to be able to complete a full exercise routine in just 15 minutes, but in doing so I have also focused on low-impact exercises to help prevent injuries to our joints and deteriorating muscles.

#### **Cognitive Conditioning During Active Rest Periods**

If you've ever had the pleasure of watching a Winter Olympics, you may have seen the event where skiers with rifles on their backs racing across the snow and stop to hit targets known as *biathlon*.

By combining cross-country **skiing** and rifle **shooting**, competitors have to quickly transition from trekking across the snow as fast as they can to competitive target shooting, then back to skiing to win a race. Imagine having to be both in peak physical condition and pushing as hard as you can, then getting down and having to concentrate to hit multiple targets without missing before continuing onto the next point.

We would do the same in my naval special team's training, where we would sprint full speed to a designated zone or run 5 miles before coming to a complete stop at the drop of a dime to precisely shoot targets.

Every time we missed we would have to do another lap until we did the exercise perfectly. We did the same in aquatic situations, transitioning immediately from swimming into hand-to-hand combat to train our bodies to go full tilt and without missing a beat, instantly changed to focus our minds on full concentration and target-specific combat.

I've focused specifically on this way of training my body and my mind because I don't want to have my physical or mental capacity questioned when it comes to being able to do what I want and live the life I've worked so hard to have.

You see, our brain has to slow down and take control of our heart to concentrate during situations as I mentioned, so training to perform at a level like this can also help with

blood pressure and hand-eye coordination. That's why we're here after all - to get in shape the best way possible while sharpening the mind at the same time.

#### **Patriot Fit Training Summary**

This challenge has been designed with exercises that require no equipment. However, as an option, you can use a light dumbbell with your movements to increase difficulty. Now these multi-joint compound movements are designed to reignite your fading male testosterone production, active lethargic muscles, and help recharge our fat-burning metabolism. You'll run through this series of exercises over the next 14 days in the schedule I've laid out and repeat there after.

The compound muscle movements you will be doing are explosive movements meant to first focus your mind on pushing your body as hard as it can in a brief interval, then immediately go to a state of "active rest" to instantly switch your brain from explosive, non-concentrated movements to full concentration movements which require you to hone in on a target, stay still, and perform a cognitive and reaction-based actions.

After each training, you will need to follow the A.M. stretching routine listed below to boost muscular and joint recovery, help lower any risk of injury, increase muscle growth, and strengthen joint connective tissues. As a bonus tip, even on your days off from working out, ensure to do your morning stretch routine.

#### 14-Day Patriot Fit Challenge Schedule

Below is the schedule for the 14-Day Patriot Fit Challenge. Notice how rest days only are there for the first 2 cycles through the different circuits, with the last 2 cycles excluding the rest day to continue you to push and acclimate you for a more challenging, advanced level of training to come. Underneath this schedule, you'll find a breakdown of each circuit with exercise explanations for you to follow.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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CIRCUIT 1	CIRCUIT 2	CIRCUIT 3	REST	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
REST	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3	REST	CIRCUIT 3	REST

[Next: Repeat every "14-Days" starting back with Day-1] Remember, to submit your progress picture at the end of every 14-Days!

## "Full-Body Wake Up Call" Daily Patriot Fit Stretching Stretch Routine

1. Shoulder Stretch - 3 Sets x 10-Second Holds Per Arm

Stand shoulder-width apart, raise your right arm to shoulder height, and move it across the front of your body. With your left arm pull the right arm as close to the chest as possible and hold. Switch arms and repeat.

#### 2. Overhead Tricep Stretch - 3 Sets x 10-Second Holds Per Arm

Keeping feet shoulder-width apart raise your right arm over your head. Bend your elbow so that your right hand is reaching for your left shoulder. Use your left hand to pull back on your right elbow. Hold and switch arms.

#### 3. Chest Pec Wall Stretch - 3 Sets x 10-Second Holds Per Side

On a corner where a wall ends or a standing pillar, start by bringing your left arm up to shoulder height and position the palm and inside of the arm on the wall surface or doorway - your arm creating an L-shape. Get into a split stance with your right leg in the front and left leg in the back. Gently press the chest through the open space to feel the stretch, moving the arm higher or lower will allow you to stretch various sections of the chest. Hold this position, then switch to the other arm.

#### 4. Quadriceps Stretch - 3 Sets x 10-Second Holds Per Leg

Standing feet together and hips straight, bend your right knee back and take the front of your right foot in your right hand. Keep your knees even as you bend your right knee back. Continue to keep your body straight as you hold this stretch, feeling it on the top of the quadriceps. If you feel keeping your balance is difficult, place your arm against the wall to keep you upright or on a sturdy, non-rolling chair.

#### 5. Standing Side Stretch - 3 Sets x 10-Second Holds Per Side

Standing straight up, grab one hand over your head with the other and gently lean to each side while pulling on your hand slightly to engage your muscles between the ribs.

#### 6. Seated Hamstring Stretch - 3 Sets x 10-Second Hold

Sit with both legs extended and your back straight. Reach toward your ankle or as far as your body may reach while keeping your knees, neck, and back straight. You should feel the stretch in the back of your thigh.

# "Full-Body Wake Up Call" Patriot Fit Challenge Workout Routine Circuit (1) Breakdown

**CIRCUIT 1** 

## Completing All 5 Exercise Including Breaks Will Equal (1) Round, Compete (3) Rounds For Full Workout

## 1. Alternating Step-Back Lunges With A Hop - (Alternate legs and repeat for 45 seconds.)

Start standing with your feet about shoulder-width apart. Step your left foot diagonally behind you, bending both knees to lower into a curtsy lunge. Drive through your right heel to stand back up as you bring your left knee back to hover next to your right. Then, step your left foot directly behind you (about 2 feet) and bend both knees to lower into a reverse lunge, creating two 90-degree angles with your legs. In this positioning, your shoulders should be directly above your hips and your chest should be upright (not leaning forward or back). Your right shin should be perpendicular to the floor and your right knee should be stacked above your right ankle. Your butt and core should be engaged. Push through the heel of your right foot to stand up and as you do, drive your left knee toward your chest, and do a little hop on your right foot. Step your left foot back again to do another reverse lunge. Push through the heel of your right foot to stand up to the starting position. Move directly into the next rep, starting with a curtsy lunge, on the same leg.

#### "Cognitive Conditioning"

## 2. Tennis Ball Alternating Wall Drop Catch - (Alternate arms and repeat for 30 seconds.)

Stand at an arm's length from a wall, placing a tennis ball at eye level with an open palm pressing it against the wall to keep it from dropping. Switch to the other arm without the ball dropping to the floor and trying to keep it at eye level. Repeat this for a total of 30 seconds.

#### 45 Second Rest

#### 3. Air Swim - (Repeat movement for 45 seconds, "Frog swimming style")

Lie on your stomach with your arms extended overhead by your ears. Lift your chest, arms, and legs off the floor and squeeze your glutes. Flutter your arms and legs up and down (Frog Swimming Style) and do the best you can to not let

your arms and legs touch the floor.

#### "Cognitive Conditioning"

4. Plank Hold With Alternating Wall Bounce - (Alternate arms after every 5 Bounces and repeat for 30 seconds.)

Get into a plank position on the floor approximately 4-5ft facing the wall with your arms at a shoulder's width apart with a tennis ball in or near your non-dominant hand. Keeping your body in one long line and your core engaged, roll the ball at the ground with enough force to bounce back to your hand. Repeat this with your non-dominant hand for 5 reps, then switch to your dominant hand.

#### **45 Second Rest**

5. Alternating High Knees In Place While Counting Words In A Paragraph - (Repeat for 30 seconds)

Print out a page of this book or have it in hand on your mobile device. While holding the paragraph up at eye height, begin performing alternating high knees while counting the individual words in a paragraph. Write down or note how many words you counted before returning to the beginning of the circuit, then make sure to choose a different paragraph each time for the remaining sets. Check to see if you got the correct count after completing the workout circuit.

#### **45 Second Rest**

#### **REPEAT FOR 3 ROUNDS**

## "Full-Body Wake Up Call" Patriot Fit Challenge Workout Routine Circuit (2) Breakdown

#### **CIRCUIT 2**

#### 1. Push-Ups With 5 Second Plank Holds - (Repeat for 45 seconds)

Get into a plank position on the floor with your arms at a shoulder's width apart. Keeping your body in one long line and your core engaged, inhale as you bend your arms to lower your chest to the floor. If you can't maintain a flat back or bend your arms fully so that your chest almost reaches the floor, lower your knees to the floor to do a modified push-up from that position. Exhale as you push back up to the starting position - hold for 5 seconds - then begin the next push up.

#### "Cognitive Conditioning"

## 2. Opening and Closing Fists In Parallel Squatted Position - (Repeat for 30 seconds)

Stand in front of a table, and squat down until your knees have reached 90 degrees. Place the back of both hands on a table while keeping your fist clenched. Your thumbs should go over the fingers.

Now fix your gaze upon both fists, then gradually fully extend both thumbs at the same time, while keeping your undivided attention fixed upon the act. Then gradually extend your first finger, then your second, and so on until all fingers all fully stretched out. Then reverse the process, closing first the last one opened and then the rest until you finally have the fist closed again in the original position with the thumb closed over the finger.

Remain in the 90 degree (or as low as you can) squatted position and repeat the open and close fist exercise for 30 seconds.

#### 45 Second Rest

#### 3. Bodyweight Squats With Arm Raises - (Repeat for 45 seconds)

Assume an athletic stance with feet slightly wider than hip-width with your arms straight forward and parallel to the ground. Keeping your back straight and knees behind the toes, sink your hips back and lower into a squat position until thighs are parallel to ground or as low as comfortably possible. Extend hips and knees to drive up out of the squat position, raising your arms to the

ceiling as you stand.

#### "Cognitive Conditioning"

#### 4. Squated Tennis Ball Timed Drop - 30 Seconds Per Hand

Squat down until your knees have reached 90 degrees (or as close as you can to that position.) Stay in this position the entire 30 seconds. With a tennis ball in your left hand, bounce the ball down onto the ground and immediately catch with your right hand., hit the start button on your timer. Drop the ball and time it so the ball is hitting the ground every second for 30 seconds. Switch to your dominant hand and repeat the steps.

#### 45 Second Rest

#### 5. Jumping Jack Burn Set - (Repeat for 30 Seconds)

Standing at attention with your arms at your side, hop in the air enough to spread your legs out past a shoulder's width and raise your arms in an arching fashion to have your hands meet above your head. Then, hop again to return your arms and legs to attention. Repeat this until the 20 seconds is up.

#### 45 Second Rest

#### **REPEAT FOR 3 ROUNDS**

## "Full-Body Wake Up Call" Patriot Fit Challenge Workout Routine Circuit (3) Breakdown

#### **CIRCUIT 3**

#### 1. Side-Step Lunges - (Alternate legs and repeat for a total of 45 seconds)

Stand tall with a tight core and make sure your feet are at a shoulder's width apart. Bring your hands together for balance. Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight. Stand back to the starting position and repeat with your right leg.

#### "Cognitive Conditioning"

#### 2. Squated Tennis Ball Target Wall Bounce - (Alternate hands for 30 seconds)

Place a post-it note or some kind of indicator on the wall (eye level) for a target to aim for. Stand 5ft away from the wall, and squat down until your knees have reached 90 degrees (or as close as you can to that position.) Stay in this position the entire 30 seconds. With the tennis ball in your hand, begin to throw the ball at the target with your right hand and catch with the left. Then alternate and throw with the left hand and catch with the right. Repeat this for 30 seconds

#### **45 Second Rest**

#### 3. Chair Squats - (Repeat for 45 seconds)

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and pointing forward. Slowly descend by bending your knees and driving your hips back. Keep your chest and head up. Touch the chair with your butt then immediately burst back to the starting position. Repeat this movement for 45 seconds.

#### "Cognitive Conditioning"

## 4. Fix Eyes on Outstretched Glass - (15-seconds per arm for a total of 30 seconds)

Fill a small glass full of water, or use a light dumbbell and grasp it by the fingertips only - put the arm directly in front of you. Now fix the eyes upon the weight and try to keep the arm so steady that no movement will be noticeable.

Do this one arm at a time and for 15 seconds for each arm.

#### **45 Second Rest**

#### 5. Superman Punch - (Repeat for 45 seconds)

Lie on your stomach with your arms extended overhead by your ears. Lift your chest, arms, and legs off the ground and squeeze your butt. Keeping your arms and legs off the ground, pull your elbows in toward your sides, then punch overhead. Repeat this punching motion by alternating your arms. Make sure that you are hovering your arms and legs above the ground and not resting. In addition, make sure to squeeze your glutes (butt muscles) and lower back muscles the entire time. Repeat for 45 seconds.

#### **45 Second Rest**

#### **REPEAT FOR 3 ROUNDS**

Now as a reminder, you will need to repeat this workout schedule every 14 Days until we make an announcement of when the Challenge is up.

I've done this so that you can challenge yourself every 14 Days, and help you self sufficiently build a true habit of motivating yourself to train.

This is the only way you will do this on your own, so keep training and repeating every 14 days

In addition, every 14-Days you will also need to take and submit an updated progress picture of your current physical status. This is optional for those who would like to take advantage of using this tracking tool as motivation and as a fitness diary for your fitness advancements.

Plus, this is how we will be able to decide who is the winner of our 14-Day Challenge grand prize...

A one year supply of our Male Supporting Testosterone boosting supplement, and Free access to my New & Complete "Patriot Fit Plan" 90 Day Video Training Series for men 55 Plus!

Remember, even though you can get in amazing shape just following and repeating the workouts and tips form this 14 day Challenge...

You are going to need new workouts, a full complete eating plan, recipes, and all new tools to make your body even stronger and healthier.

To keep this short, your body is smart and will adapt if the same type of training is used for too long - causing you to see slower and less results in the long term...

Furthermore, the workouts in the 14-Day Challenge are just the beginning and are specifically designed to jumpstart your testosterone production, boost muscle growth and fat loss and get you fully prepared for my full program where I show you how to keep in prime mascline shape through our 50s, 60s, 70's and beyond!

And in my full program, (The Patriot Fit Plan) you'll get 90-Days of male optimization training, eating plans, training tools and even supplement guides all designed to smoothly transition and advance you to the next level, no matter if you are a beginner or more advanced.

In fact the Advance workouts and training are what helped me become more muscular, more ripped, and even have a six pack at the age of 64!

So not only will we get you into perfect health again, but you'll also have the perfect body!

Listen, we've never passed our prime... because our prime is now!

We as men deserve to look just as young, strong and powerful as we feel!

And if you're tired of feeling the effects of aging and want to have that surge of strength, power and confidence and want to keep it that way for good!

## The Patriot Fit Nutritional Guide:

Did you know men who follow highly restrictive diets that focus on low-fat and low-carb, put themselves at risk of being lesser men! Especially those over the age of 50. That's why I've put together this essential Patriot Fit Nutritional Guide for older men to stop focusing on what not to eat and

instead focus on the key superfoods meant to keep us guys at our best and help naturally boost test levels to help keep us as the men we deserve to be.

I'll explain not only how these foods are important, but I'll also show you some key male hormone-supporting foods and a few simple adjustments you can easily make to your daily diet to help you drop dangerous belly fat and get that strong, masculine body you've always deserved.

But first, let me ask you this...

Why do Men Over 50 need a balanced amount of fats in their diet, especially with burning unwanted body fat as one of the main health goals?

The one thing we as men need to know when it comes to nutrition and supporting our male testosterone production is that healthy fats are precursors and a required nutrient needed to naturally produce testosterone in men.

And when you don't consume enough fats to support your male hormone production, your testosterone level decreases further than it already has over the years from aging.

Now, for those of you who are unfamiliar with the role of testosterone in men, it controls every aspect of how we as men look, feel, and act. More specifically, it also determines how much muscle you can build, how much belly fat your body will store, helps support brain activity, and also how fast you will age. And the more test your body has, the more muscular, leaner, healthier, and younger your body will be.

However, when your testosterone levels are low, your body will become weak due to muscle loss, uncontrollable weight gain, overall health decline,

and even cause you to start seeing feminine side effects such as enlarged breast tissues and stomach fat. That's why it's vital to always eat a balanced amount of fats, proteins, and carb - the 3 macronutrients we must consume in each meal daily.

This brings me to my next point: low-carb, low-fat, and other highly restrictive diets are counterproductive since when you reduce one, we often increase another to compensate.

For example, most men that try to follow low-carb or low-fat diets often increase their protein consumption to make up the loss in calories. In doing so, eating too much protein or a diet consisting of only protein (which most young and inexperienced trainers are wrongly telling older men to do) can potentially increase kidney complications, heart disease, and other health concerns.

By mainly eating just 1 or 2 of the 3 macronutrients, this can also cause you to mistakenly cut out other vital micronutrients such as amino acids, essential vitamins, and minerals that your body needs to stay youthful, strong, and in great health. Those who follow a low-carb diet, and mainly eat only fats and protein will often become less energetic, experience less strength, and even find it much more difficult to have mental focus and see a decrease in cognitive functions.

Carbohydrates are the easiest for our body to digest and are the fastest source of fuel for energy for your body and brain, while fats and protein take a much longer time to digest, process, and to be converted to energy. When you dismiss carbs or cut them down to unhealthy levels, you are taking away your fastest and most reliable source of fuel to get through your day.

That is why most men who follow a highly restrictive diet often have sudden mood changes, constantly grumpy, stressed, experience drastic

muscle loss *instead* of fat loss, and often end up in worse shape than before.

Now below I've listed some of my favorite foods to eat and foods you should avoid and a few tips you can follow and incorporate in your lifestyle gently. Plus you'll also get a sample breakfast, lunch, snacks, and even what I enjoy for dinner to maintain my lean muscular built and clean bill of health after 60.

Remember, this 14-Day Patriot Fit Challenge's Nutritional Guide is designed for you to easily follow and help prepare your body for my complete Patriot Fit Plan that will be available in the coming months. So until then, follow these guidelines to give yourself a head start on becoming the man you deserve to be!

#### 14-Day Patriot Fit Challenge Macronutrient Breakdown:

We older men are not programmed like those other, younger guys you see throwing weights around like crazy in the gym and scarfing down every bit of protein they can get their hands on.

Especially when the name of the game is getting into peak physical conditioning and health, while supporting healthy brain functions and dealing with aging, we need to concentrate on some specific points within our diet.

Here's a way to look at each key macronutrient to maximize what you're putting into your body for the best results for burning off unwanted body fat, building sustainable muscle, and maintaining a healthy and lean body for years to come.

TOTAL CALORIES = 1800 to 2,200 PER DAY

**Protein = 0.8 Grams Per Pound Of Body Weight** 

To help keep you full for longer periods while also building or maintaining lean muscle mass, which is important for us aging men, you need to look at your protein intake a bit differently. A good rule of thumb is to consume approximately 0.8 grams of protein per pound of your body weight daily, as suggested by researchers who conducted a 2018 review published in the *Journal of the International Society of Sports Nutrition*<sup>1</sup>. This means sticking to lean, healthier proteins that include things such as:

- Grilled Chicken
- Fish
- Pinto Beans
- Peanuts
- Lentils
- Eggs
- Turkey
- Grass-Fed Beef

#### **Healthy Fats = 10% Of Total Calories**

Dietary fat keeps you feeling full, longer while also acting as a precursor for your master male hormone testosterone. A diet consisting of higher healthy fats has also been shown to help promote fat loss. Heart-healthy mono and polyunsaturated fats can also help reduce your chronic disease risks. Here are a few choices I like to eat regularly in my Patriot Fit diet:

- Avocados
- Olives
- Plant oils
- Nuts
- Seeds
- Nut butters
- Fish oil

<sup>&</sup>lt;sup>1</sup> Schoenfeld, B.J., Aragon, A.A. How much protein can the body use in a single meal for muscle-building? Implications for daily protein distribution. J Int Soc Sports Nutr 15, 10 (2018).

#### Carbohydrates = 45-65% Of Total Calories

According to *The Institute of Medicine*, men over the age of 50 should aim to consume anywhere from 45% to 65% of their total calories per day through carbohydrates<sup>2</sup>. Now, with that being a large amount of what may make up your daily food intake, you need to know that not all carbs are created equal. For example, during this 14-Day Patriot Fit Challenge, you will be avoiding foods that include ingredients such as like:

- **X** Sugary beverages
- **\*** Sweets
- **X** Refined sugar
- \* Refined grains such as white rice and white bread

Instead, we will be focusing on carbohydrates from things like cruciferous vegetables, whole grains, low-fat dairy foods, legumes, nuts and seeds. Whole grains include things like:

- Wheat
- Oats
- Rye
- Corn
- Rice
- Millet
- Barley

I specifically want to highlight the importance of cruciferous greens not only for how they will make up your daily food intake, but keep you as the man you deserve to be. That's because these vegetables contain phytochemicals that help block the master FEMALE hormone known as estrogen. Elevated estrogen can not only diminish a man's testosterone

https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-7/

levels, but can also potentially put you at risk of heart disease and even cancer.

According to the *Journal of Medicinal Food*, estrogen-blocking foods that contain phytochemicals can help reduce estrogen levels in the bloodstream <sup>3</sup>. These vegetables include:

- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Bok choy
- Kale
- Collard greens
- Turnips
- Rutabagas

Another key estrogen-blocking ingredient found in foods such as red grapes<sup>4</sup> and blueberries is *resveratrol*.

Along with blocking the master female hormone, resveratrol also helps to block *aromatase* - an enzyme that converts testosterone into estrogen that results in visceral fat<sup>5</sup>. Including these two fruits can help give you that much more of an edge on getting into the shape you deserve.

Here's a sample day of eating I typically do when it comes to being Patriot Fit:

#### **Breakfast - Post-Workout**

<sup>&</sup>lt;sup>3</sup> Michael A. Zeligs. Diet and Estrogen Status: The Cruciferous Connection. *Journal of Medicinal Food*. Jan 1998.67-82.

<sup>&</sup>lt;sup>4</sup> Kijima I, Phung S, Hur G, Kwok SL, Chen S. Grape seed extract is an aromatase inhibitor and a suppressor of aromatase expression. Cancer Res. 2006;66(11):5960-5967.

<sup>&</sup>lt;sup>5</sup> Cohen PG. Aromatase, adiposity, aging and disease. The hypogonadal-metabolic-atherogenic-disease and aging connection. Med Hypotheses. 2001;56(6):702-708.

- 3 whole scrambled eggs
- 1 serving of blueberries
- 1 cup of stone grounded oats
- 1 full 8oz glass of water
- 1 cup of black coffee

#### Lunch

- Grilled chicken breast
- Salad with pistachios, pumpkin seeds, red grapes, and an olive oil-vinegar dressing
- Half a baked sweet potato
- 1 full 8oz glass of water

#### Snack

- Roasted and unsalted walnuts
- Half an avocado with pink Himalayan salt and black pepper

#### **Dinner**

- Grilled salmon
- Whole-grain rice
- Roasted Brussel sprouts with pine nuts
- 1 full 8oz glass of water

Remember - this is just a glimpse into what following the Patriot Fit Plan is really all about. In my complete program, I'll not only give 3 months worth of delicious recipes to cook, but I'll include recipe videos on how to prepare them in portions so you're not stuck cooking each meal every single time.

Each recipe will include test-boosting ingredients to prime your body for burning off unwanted body fat, while supporting the lean, healthy muscle being built and reinforced as you go through the process.

### Email Coaching, Support, and Mentorship:

My team of coaches and I are here to answer your questions, help tailor a custom game plan for your success, and ultimately maximize each opportunity you have to be successful during this 14-day challenge.

My expert coaches and I will be reaching out via email to check in with you, give you an update on up-and-coming products and releases, provide tips and tricks to further challenge yourself even after the challenge is over, and also provide the top customer care for what you may have questions about.

Make sure to save my initial Patriot Fit Challenge email account in your Primary contact list so you don't miss out on any news I will be updating you with and to ensure you are getting the most up-to-date Patriot Fit Challenge information.

So check to see if you've gotten my email now, and if you don't see my email, please check your spam or junk folder.

And to ensure that you never miss a beat on my training tips, go ahead and reply back to that email with something as simple as, "Got it" or "Hello."

Once I see you reply, you'll automatically be moved to my VIP list and also ensure that my email will reach you properly and directly to your primary folder.

And if you have any questions or concerns please contact me and I'll be sure to reach back to you as soon as possible.

Thank you and welcome to Patriot Fit!

Let's Make Men 55 Plus Fit Again!

That's an order!

#### **MEDICAL DISCLAIMERS**

- Toby Buttle, Patriot Fit, Patriot Fit Coaches strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. The Patriot Fit Challenge is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.
- 2. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge any Patriot Fit Challenge Trainer from any and all claims or causes of action, known or unknown, arising out of Patriot Fit Challenge training.
- 3. The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website. Never rely on the information on this website in place of seeking professional medical advice.
- 4. The Patriot Fit Challenge (website name.com) is not responsible or liable for any advice, course of treatment, diagnosis, or any other information, services, or products that you obtain through this site. You are encouraged to consult with your doctor with regard to this information contained on or through this website. After reading articles, watching videos, or reading other content from this website, you are encouraged to review the information carefully with your professional healthcare provider.

#### PERSONAL DISCLAIMERS

- 1. I am not a doctor. The information I provide is based on my personal experience, studies of health and fitness, along with my personal experiences.
- 2. The information contained in our website, blog, guest blogs, e-mails, programs, services and/or products is for educational and informational purposes only and is made available to you as self-help tools [edit to something that works for you] for your own use. While

- we draw on our prior professional expertise and background in many areas, you acknowledge that we are supporting you in our roles exclusively as Patriot Fit Challenge coaches only.
- 3. We are not medical health practitioners or mental health providers and we are not holding ourselves out to be in any capacity. Rather, we serve as coaches, mentors, and guides who help you reach your own health and wellness goals.
- 4. We aim to accurately represent the information provided on this website, blog, e-mails, programs, services, and products. You are acknowledging that you are participating voluntarily in using our website or blog or in any of our emails, programs, services, and/or products, and you alone are solely and personally responsible for your results. You acknowledge that you take full responsibility for your health, life, and well-being, as well as the health, lives, and well-being of your family and children (born and unborn, as applicable), and all decisions now or in the future.
- 5. In the event that you use the information provided through our website, blog, e-mails, programs, services, and/or products, we assume no responsibility.
- 6. Every effort is made to ensure the accuracy of published information on or through our website, blog, e-mails, programs, services and products; however, the information may inadvertently contain inaccuracies or typographical errors. Every effort has been made to present you with the most accurate, up-to-date information, but because the nature of fitness and health research is constantly evolving, we cannot be held responsible for the accuracy of our content.