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How to beat the top four workout busters

Rogue Nutritionist Jonny Bowden reveals his top secrets for helping you stick to your fitness program

What's getting in the way of your fitness resolutions? There's still hope even if you haven't set foot in the gym in weeks and have already fallen back into old, unhealthy habits. Board Certified Nutritionist and author Jonny Bowden, PhD, CNS – known by millions as the Rogue Nutritionist – has a few secrets to help you blast through some common obstacles so you can get back on track with your fitness program.

How to defy the top four excuses for not exercising

Bowden, who also holds a master's degree in psychology, understands that there are physical and emotional reasons why people's resolve to get fit often starts out strong but then fizzles out. Starting an exercise program is easy. Sticking with it is the challenge! Bowden has identified the top four reasons that people abandon their fitness strategies, and reveals his best advice for overcoming them.

1. **Your warm bed is more enticing than working up a sweat.** “Get an accountability partner,” advises Bowden. “One big reason that people who use personal trainers get better results is that they are committed to showing up for the work outs. So make a verbal commitment to another person to be at the gym. Studies show that people are more likely to follow through on a pledge when they actually make the statement out loud and have something at stake.”
2. **You're too stiff and sore from the last work out.** “While some people like that sore feeling because they think it means they accomplished something, most of us could do without the pain. Add ribose (aka D-Ribose) to your exercise program if you don't want to be burdened by overwhelming muscle soreness and stiffness. Ribose is a natural sugar that our bodies normally make and use in producing energy molecules (ATP), but we can't save them up. It's not like rollover minutes. There's no ribose savings account. You can't store them for your next work out. That's why you need supplemental ribose which can be found in some sports nutrition bars, energy drinks and nutritional supplements. Just make sure you are getting two to five grams at a time.”
3. **You're too tired to work out.** “Studies show that if you're dehydrated by as little as two percent, it can lower your performance. Thirst is a lousy indicator of your need for water. By the time you're feeling thirsty, you're already dehydrated. Nearly every metabolic process in our body requires water. Picture two bodies of water: One is a cool clear mountain stream that is constantly replenished; the other is a stagnant pond that is full of algae. Which one do you want to represent your body? Be proactive and constantly top off your water supply.”
4. **You don't have the will power to stick with a fitness routine.** “If you haven't developed a habit of fitness, you are far better off exercising early in the day. Experts

now know that self-control, or will power, is like a muscle that can fatigue. Study after study has demonstrated that if you use it a lot during the day, you may run out by the time the evening comes. That's why people frequently overeat when stressed. If you don't have the fitness habit, going to the gym requires will power and a certain amount of discipline. If you wait until the end of the day, your "will power muscle" has been fatigued. Go early in the morning until it becomes habit. Plus there's a side benefit: Now you've raised your endorphins, and those positive feelings will spill over into other things throughout your days."

Bowden believes that anyone can use these suggestions to overcome the typical obstacles keeping them from getting fitter and healthier. "You don't need expensive equipment or iron-fisted willpower. You just need to be prepared to move beyond the things that have tripped you up in the past."

For additional information about Bioenergy Ribose, visit www.BioenergyRibose.com.

Media Note: For additional information, or to schedule an interview, contact Media Relations, Inc. at 612-798-7220.

Biography – Jonny Bowden

Jonny Bowden, PhD, CNS, (aka "The Rogue Nutritionist") is a nationally known expert on weight loss, nutrition and health. He is a board-certified nutritionist and the author of 13 books on health, healing, food and longevity including three best-sellers, "The 150 Healthiest Foods on Earth", "Living Low Carb" and his latest, "The Great Cholesterol Myth". A frequent guest on television and radio, he has appeared on Fox News, CNN, MSNBC, ABC, NBC, CBS, The Dr. Oz Show, The Doctors and hundreds of radio programs. He is a past member of the Editorial Advisory Board for Men's Health magazine, is the Nutrition Editor for Pilates Style, and is a regular contributor to *Clean Eating Magazine*, *Better Nutrition*, and [Total Health Magazine Online](#).

Dr. Jonny has contributed to articles for dozens of national publications (print and online) including *The New York Times*, *The Wall Street Journal*, *Forbes*, *The Daily Beast*, *The Huffington Post*, *Vanity Fair Online*, *Time*, *Oxygen*, *Marie Claire*, *Diabetes Focus*, *GQ*, *US Weekly*, *Cosmopolitan*, *Self*, *Fitness*, *Family Circle*, *Allure*, *Men's Health*, *Prevention*, *In Style*, *Natural Health*, and many other publications. He appears regularly as an expert on ABC-TV Los Angeles.

He is the author of:

- "The 150 Healthiest Foods on Earth"
- "The 100 Healthiest Foods for Pregnancy" (with Allison Tannis)
- "The Most Effective Natural Cures on Earth"
- "The Healthiest Meals on Earth" (with Jeannette Bessinger)
- "The 150 Most Effective Ways to Boost Your Energy"
- "The Most Effective Ways to Live Longer"

- “The Live Longer Cookbook” (with Jeannette Bessinger)
- “Living Low Carb” (Revised and expanded edition) (100,000 in print and winner of the “Consumer Nutrition Book of the Year” award)
- “The Healthiest 15-Minute Recipes on Earth” (with Jeannette Bessinger)
- “The Great Cholesterol Myth” (with Dr. Stephen Sinatra)

Dr. Bowden has a Master’s Degree in psychology and counseling and a PhD in nutrition, and has earned six national certifications in personal training and exercise. He is board certified by the American College of Nutrition, a member of the prestigious American Society for Nutrition, and a much in-demand speaker at conferences and events across the country.