

## WE'RE ALL GONNA DIE!

It doesn't matter what we do, or how we live. Sooner or later, every one of us will wind up pushing up daisies. Medical science may have made great strides, but stopping ourselves from popping our clogs and joining the choir invisible isn't an option yet. Especially since, as a species, we seem to be hell bent on doing ourselves in with a variety of avoidable, and often self inflicted conditions and diseases.

In the western world, we tend to fall into lazy, easy, sedentary lifestyles; we move as little as possible. Hell, we *stand* as little as possible. We eat stuff that even bacteria think twice about looking at, just because it's easy to store and prepare and we can't be bothered to make trips to the shops or cook. Or maybe we think we don't have time for that because we're too busy with other things, catching us in the double whammy of unhealthy habits *and* mounting stress.

As a society, we seem to be not only fine tuning a way to live fewer years, but also to make sure that those years we do live are mostly spent feeling like crap.

Hopefully, you picked up this book because you're aware of this and want to try and make sure that you get to enjoy your time. Or maybe it was picked up for you by someone who wants to enjoy your company longer than they would if you sabotaged yourself. Either way, this book is here to help you figure out how to get fitter.

### **“Fitter”? Why not “Fit”?**

“Fit” isn't a quantifiable value you can aim for. There isn't a chart you can look at and say “ok, now I'm fit”. Besides, how “fit” looks or feels is hideously dependent on what you want to be fit *for*. A powerlifter and a pro marathon runner may both be fit, but put them in each others' shoes and they'll probably struggle, because they are trained and conditioned in different ways.

Since we can't pick an external benchmark, we'll just go with the most important one for you - how you measure up against yourself. If in a few weeks time you feel better than you do today, then that's a win. If in a few months or years you feel so awesome that you want to try and run ultramarathons or benchpress cars, that's just great, and once you get there you should definitely look up some specialised training, but what you do with your at that point is your business. What's important right now is getting you fitter than you are today.

Another reason why we chose to say “fitter”, rather than “fit”, is that “fit” sounds a lot like a final goal. It almost sounds like you can work your ass off to get there, then relax because your task is done. “Fitter” sounds more like another step along the way, which it is. Barring extreme old age and certain conditions, you can always get a bit fitter than you are right now.

Don't let the moving goalpost scare you. If you stop and think about it, it's actually quite better than having a fixed, definite goal. When you're starting out, you don't have to worry about your upcoming climb up Mount “Oh god how the fuck will I ever get there”. And once you've gone some way, you don't need to worry about what to do next.

## The Plan

Ok, that sounds like a lot of work. It's not. We won't lie, it will take some effort, some discipline, and a lot of persistence on your part. However, we're not going to say you need to spend the rest of your life doing heavy lifting for four hours a day and running for another four while subsisting solely on a spinach leaf and water. Your main reason for getting fitter should be to *enjoy your life better*. So don't worry. There's a reason this book is called *The Hour of the Guinea Pig*, not the life threatening death march of the guinea pig.

Despite all evidence to the contrary, we believe we humans are smart creatures, so we want to make the journey as efficiently as possible.

So, what we are going to discuss is how to make small changes in your lifestyle, and how to make those changes stick. We're going to look at how you can train yourself efficiently (not effortlessly, sorry) and how to scale things up once you start powering through tasks you previously found gruelling.

Since we know that every body is different, we're also going to talk about how to experiment effectively. No, we're not going to be talking recipes for super-soldier serum or potions of giant strength. We don't have those. (Seriously though, if you do, drop us a line.) What we'll be looking at are ways to test new exercises or food choices and their effects on you in such a way that you can tell if they're helping or not. Some minor book keeping will be required.

If that sounds like it makes sense, it's time to get going.