

SO, WHAT IS IT?

This program is about assembling the best tactics from the disciplines of psychology, neurobiology, sports-psychology, military regimen and mindfulness / meditation to secure a mission and objective. OPTaFIT compares to weight watchers like the Navy SEAL's compare to Boy Scouts.

In order to be part of this program, you must be willing to do the following:

- Pass a physical
- Have your body fat monitored
- Have your blood glucose monitored
- Eat on schedule
- Exercise 7/52/365
- Post daily weight/calories/exercise
- Wear your FitBit at all times (provided)
- Go to sleep on schedule
- Pledge to drink responsibly

AND MOST IMPORTANTLY WORK AS A TEAM!

WE START AS A TEAM
WE FINISH AS A TEAM

THINK YOU CAN TAKE IT?

YOU WILL SURPRISE YOURSELF

GO TO
www.getoptafit.com
TO GET STARTED



MILES NITZ

For years Miles has been busy optimizing his approach, collecting tactics and strategies that are the best of the best from all disciplines, and perfecting them himself, through trial and error and persistence. Some have been the result of doing lots of reading, research and writing, others by experimenting on himself - which ultimately has allowed things to fall into place. Miles now wants to take those findings and teach them to you - not just to find a solution, but to build a mindset that will stick with you for the rest of your life.



Erin Scheele

Erin Scheele is owner and lead trainer at The WorXout. Erin attended Indiana University, where she earned a B.S. in Kinesiology. As she increased her knowledge of the human body and exercise, so grew the intensity of her passion, and after completing her degree Erin began her personal training career. Today, that has blossomed into fulfilling clients' hopes & dreams through fitness at her facility, TheWorXout. Erin molds her clients through a path of their choosing to get them exactly where they want to be in life.



OPTIMAL

Best or most favorable; most desirable or satisfactory; being the best or of the greatest value

PHYSIQUE

The form, size, and development of a person's body and brain; the general constitution of the body and brain with regard to size, shape, structure, development, and functioning

TEAM TACTICAL

Of, relating to, or constituting actions carefully planned to gain a specific end; adroit in planning or maneuvering to accomplish a purpose

FITNESS

The condition of being mentally and physically fit and healthy; the quality of being suitable to fulfill a particular role or task (mental & physical)

INTEGRATIVE

Integrate: To combine two or more things to create something better.
Integrity: The quality of being true to one's self and to others.

TRAINING

The action of teaching a person a particular skill or type of behavior; the action of undertaking a course of exercise and diet in preparation for an event

The hijacking began with 4 pirates in the Indian Ocean seizing the cargo ship, Maersk Alabama, 240 nautical miles southeast of Eyl, Somalia. The standoff ended with 3 Somali pirates dead on the deck of a lifeboat on which they were holding hostage the captain of the freighter, Richard Phillips. Each of the 3 Somali pirates was killed with just one shot, fired simultaneously by 3 Navy SEAL snipers, despite the fact that they were on a rolling sea firing at a rocking lifeboat. The snipers had to make a successful 'head shot', because one of the pirates was holding an AK-47 pointed at the back of Captain Phillips. Missing the head would increase the probability of an involuntary trigger squeeze. A shot like this is something extremely difficult - even on dry land. When 2 pirates exposed their heads and shoulders, and the 3rd was visible through a small window, the command was issued, and all 3 pirates fell dead on the deck of the lifeboat. SEAL's training requires that they be ready for just such an emergency at any time. They train under all conditions to be ready for all scenarios, including a bobbing ship. To me this was a phenomenal feat, to the snipers it was a 'standard, well-executed, tactical, hostage rescue solution'. Just another day! Three snipers, three bullets, three dead Somali pirates. Reading the account sends chills up my spine. I think about the precision, the training and the self-control to accomplish such a feat. Those Somali pirates never even knew what hit them!

Cut to the Hudson River off the coast of New York, Labor Day weekend, summer of 2015. It's a gorgeous day and I'm on a river-boat cruise wedding and reception. There's an open bar with anything you could possibly want to drink for an entire afternoon (let me mention here that I love to drink beer). There are also hors d'oeuvres and snacks everywhere on the boat (let me also mention here that I love to eat, especially snack foods, while I am drinking beer). But instead of getting ripped and stuffed I perform an extraordinary feat - I stop at 1500 calories and 4 beers. Why?

Because as much as I like beer, I like my liver even more. As much as I like snack food, while I am drinking beer, I like my toned physique even more. I like to eat and drink, but I like self-discipline and self-control even more. I didn't drop any Somali pirates to the deck with a headshot, but I sure felt like I had when I walked off that cruise ship 5 hours after it began. I walked off the ship sober, in control, and pleasantly satisfied. I enjoyed every bit of the wedding, the scenery, the conversation, the dancing - and still had an awesome steak dinner, plenty of snacks, and a few cold beers. I had an awesome day - self-disciplined and controlled - Mission Accomplished!

Which of these feats is a greater achievement? Neither - from my perspective. They both take similar amounts of mental training, practice, and a relentless pursuit of maintaining the skills necessary to pull off the feat under any and all conditions. At the level of neurobiological functioning in the brain, they are virtually identical in degree of difficulty. And if there's any argument there, consider the fact that 74% of American men are overweight and 33% of those are in the obese category. (Did you know the average American man is 30 pounds overweight?) If eating correctly and practicing responsible drinking were any easier than dropping a Somali pirate to the deck with one shot, these statistics would not be what they are. Do you hear me? Yes, my friend, practicing self-discipline IS a big deal - a HUGE deal - a 'SEAL' deal!

If one is going to win this battle (of the bulge), one has to train like a SEAL, think like a SEAL, and perform like a SEAL. Imagine for a moment that a Navy SEAL attempted to train by picking up book on 'How To Be A Sniper' and shooting a few practice rounds out in his backyard? Then he walked onto the deck of the Maersk Alabama, and attempted that shot from a rolling deck, in choppy seas? He would not have even hit the freaking lifeboat - Captain Phillips would be dead! Yet this is the cavalier approach that most men

(and women for that matter) take toward losing some weight. (It's called a diet!) The equivalent scenario would be like walking onto that wedding boat, simply hoping to 'not get too stuffed' or 'not drink too much', but not having mentally rehearsed a plan or even created one. You wouldn't even come close to success - sound all too familiar? And if you think I'm making some kind of a metaphorical reference here to thinking like a SEAL, guess again - I'm talking about literally preparing for such an event - just as a Navy SEAL prepares! I'm talking about planning, visualizing and mentally rehearsing - over and over again. I'm talking about controlling one's thoughts, emotions, behaviors, and even physiology. And if you think that YOU can't learn to think like a seal - guess again. That is what OPTaFIT is all about, (Optimal(e) Physique - Tactical Fitness Training), learning to think and train like a SEAL - learning to secure an optimal physique for life!

I will never be a Navy SEAL sniper boarding a freighter to take down a Somali pirate, that ship has sailed (pardon the pun). But in my own little corner of the world, I can and will make a huge impact on my own life and those around me. What about you? Which feat is more important for you to learn how to do? One sends a message to the world that America is not to be messed with - WE ARE IN CHARGE! The other secures, a lifetime of optimal health, physique, stamina, happiness, confidence and self-control - I AM IN CHARGE! Which is a more important endeavor? You be the judge! Join our OPTaFIT team and TAKE CHARGE of your physique - Today!

