



Process To Being A Strong Individual:
Body, Mind and Spirit



Milo of Croton

Protege Fitness

Process To Being A Strong Individual

Physical Strength, Mental Strength, Spiritual Strength are all aspects of life.

How can you be a strong individual?

What is the process that leads to success?

Where do you need to build strength in your life?

It can seem that we all at times have to give up your own well-being at times in life. This can be to provide for your kids and their opportunities, careers, family and many others "reasons" we can say to ourselves. Goals, like losing weight, getting fit, sleeping enough, and not being a heavy coffee drinker, building a business, starting something new, all can seem far fetched. If you want to raise fantastic humans AND enjoy the fruit of your labor, have a successful career while also having a successful life, than looking back in history can result in looking forward to every day of your life. Looking at your life and say I not only gave to my kids get what they need but I got what I needed to do too. Or I was successful in my career or business and my life was amazing as well!

Looking at your goals, raising your standards and having non-negotiables are all major steps in building a stronger YOU!

The Story of Milo and the bull are an amazing example of progressive overload and the extreme success this simple process can acheive.

How do you we become better? How do we become stronger?

Growth happens when we encounter friction, when we place a "stress" on ourselves that causes us to become stronger!

We need to learn to embrace the idea that each day we need to do something we could NOT do yesterday, so we can do something more tomorrow! Learn to EMBRACE THE SUCK! Look forward to the "hard"

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Milo of Croton lived in the 6th-century BC as a larger-than-life figure of athletic and military accomplishment. His legendary feats of strength have been told in many ways ever since from paintings, sculptures, and stories dedicated to his might. Not only was he a physical juggernaut but he was closely associated with Pythagorus, reflecting that his brain was not dwarfed by his brawn.

Milo carrying a calf every day until he can carry a bull!

Milo's timeless fame is related to his almost superhuman strength and focus in achieving excellence over the course of a 24-year career. Gone are the days of ancient Greece, where children were hardened before puberty and parents lived a more Spartan existence physically and also great philosophy and mental education. You can see core beliefs, values, standards and non-negotiables in many past people and cultures that are revered for excellence.

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The most famous story of Milo is him carrying the same calf on his shoulders everyday everywhere he went. Each day that calf grew bigger and bigger until it was a bull. Milo's strength grew each day as the calf grew into a bull. If he would have tried to pick up a bull the first day he never would have been able to. Each day he was using the principle of progressive overload and doing something more today than yesterday so you are stronger for tomorrow.

Today being a strong individual might not be any easier. It might just be harder. Looking at your life and using the principle of Milo and the bull, you can become a legend as a strong successful person in all aspects of life. Not only will you be happier and have more energy but you will live longer and in better health. You might just get bronze statues and oil paintings created to honor your divine body. You can become the Hero of your life but also the Hero for others look up to!

Milo's Process: Growth and Strength through daily action of progressive overload.

So where and how can we apply this?

Start by looking at your core values, beliefs, goals, your why's and your life pillars!

Where do you feel you are out of balance?

Where do you feel you are lacking?

What actions do you need to take to reach your goals?

What are you currently unable to do and need to gain "strength" or knowledge or skills to achieve tomorrow what you couldn't yesterday?

Lift Heavy Things

Milo started lifting a bull each day when it was just a calf. Every day the calf grew and he would continue to lift it. Eventually, he was able to lift a fully grown bull! This is known as progressive overload and is one of the best ways to increase strength. Maybe you don't like lifting weights or you don't think strength is for you.

Let me clarify. You can and should want to lift yourself, and your version of heavy for as long as possible. There's a ton of benefits, not to mention the value in an emergency situation – like when you find yourself hanging on a ledge with danger below. Or as we age being able to get up off the floor if you fall to doing daily functions with ease.

Lifting heavy things is vital for a good metabolism. It aids liver function through enhanced insulin sensitivity. It improves cognition by increasing blood flow and beneficial hormone releases which can protect the brain from dementia and aging as well. Our bodies were meant to move and be strong even into advanced age.

Lifting also helps balance out hormones in general. Immunity is strengthened and bone density increased all, through a well-structured lifting plan.

Start a resistance training protocol.

Whether it's body weight exercises like pushups, dips, air squats, and pull-ups, planks, farmer walks or move heavy objects. Even using things you have around the house like furniture, luggage or back packs.

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*Get a strength and conditioning coach or personal trainer to get you started while keeping your form and habits sound. With the **right quality** coaching, you can safely develop into full range of motion, become stronger and move with confidence.*

Yes, you will look good naked and burn off fat by lifting. Your body composition and your hormones are far more favorably affected by lifting than extended steady-state cardio.

If you are worried about getting too muscular, it's harder than you think. It has a lot more to do with what and how much you eat than lifting heavy weights. This is the case for women too.

Eat Enough Quality Food

Milo supposedly ate 20 lbs of meat a day. While I don't recommend this exact strategy. He knew to thrive, get stronger and not be "hangry", he needed fuel to replenish his body and support protein synthesis. Some people can do well on caloric deficits for some of the time. Some people can do well with intermittent fasting but the more your body, AND mind, works, the greater quality fuel it will need.

If you are looking to lose weight, quality nutrient-dense foods will keep you from being hungry, support your hormones, supply you with energy and result in a far more efficient fat loss than a "Diet Coke diet" or even a "salad diet". By being well-fed, you lower cortisol and this translates to a less anxious, more productive you. Good food creates good brain chemistry, a robust immune system, and a resilient body.

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To be a Strong Person:

Stop calorie counting. Focus on meals that are plant-strong, with well-sourced clean protein and healthy fats. Avoid the processed stuff, refined carbohydrates and reduce all kinds of sugar.

Don't neglect to feed yourself before you run around or you'll more likely make poor food choices on the go. If your life is really that busy, building a meal plan is ideal! Everyone should actually have their week planned and it can be a huge help with time, money and health.

Flex Your Mind Muscle

Milo hung out with philosophers and developed his leadership skills in the military. His approach to physical training and competitions was calculated. Remember, he was smart enough to start by lifting a newborn calf and consistent enough to keep his progress continuous until he could achieve superhuman feats.

Approaching strength intelligently results in being strong for life rather than a massive feat of all-out might. This means not physically training all the time. Shorter more intense sessions are better. Lengthy marathons of anything result in a serious tax on you physically, mentally and emotionally.

Develop the mental and emotional strength to lead your life gracefully, clearly, and patiently. This doesn't mean suffering in silence but it does require self-awareness. When you start to tire, get sick or grow frustrated, engage in the things that will return balance into your life, like rest and relaxation. This is also a great time to step back and look at your plans and goals and reset if needed.

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*When it comes to physical strength, incorporate stretching. **Mix in other movement patterns** to maintain agility and mobility like yoga, stretching and mobility in the areas you struggle.*

***Connect mentally with your muscles.** That means not zoning out in your workouts but enhancing the mind-body connection. You will be able to break through plateaus, avoid injury and know when to stop without counting reps and sets.*

Let your muscles feed your brain. In other words, focus on physical efforts that boost cognitive and emotional health as well as physical strength.

Use the 80/20 Rule: 80% of your results will come from 20% of your efforts. Audit your efforts to see where they get the best results. Do away with everything else and replicate those that make the biggest difference. This is how you control time, a resource that is always slipping away.

From an attitude perspective, **fortify positivity and subdue negativity.** This will surely allow you to be more resilient in every way. Everyone who knows you will thank you too (whether they say it or not). This is one of my favorite things about lifting weights...you see that discipline and strength start to go into all aspects of life.

Finally, **breath well.** Consciously control the physical thing you do more than anything else. Developing proper breathing techniques is like a super power that can increase strength, focus and well-being while reducing stress, anxiety and even disease. We will get into breathing in all parts of life in the weeks ahead!!

There's amazing research on the role the vagus nerve has in our functioning and breathwork is a powerful modulator of this. **Meditation** is something well worth exploring, in whatever form works for you.

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Milo had an extraordinary approach to training that we can all learn a lot from. In summary, here are the main lessons from his training:

- In the beginning, people will laugh at you, especially if you take innovative approaches
- Always start small and be consistent
- Slowly progress to bigger challenges and make sure you never give up
- Facing the dips and setbacks are real character tests
- When you reach a plateau, find a new way forward

And two bonus lessons from Milo of Croton's life:

- Always have a mentor
- Don't make stupid decisions (the final lesson of how Milo died) Got his hand stuck in a tree and was eaten by wolves

So, **what was his training all about?**

He decided to carry a newborn calf on his shoulders. Day by day, for more than four years, he carried an animal on his shoulders. While people were laughing at him, the small calf slowly grew into an adult ox and Milo got stronger and stronger along the way. What an awesome idea. Every day, when Milo woke up, he lifted the calf, put it on his shoulders and carried it around all day. After four years, Milo was lifting and carrying around an impressively big ox. By then, people stopped laughing a long time ago, when they saw Milo's muscles and strength grow.

Do you wonder what Milo did in the end, when the ox was fully grown and he couldn't lift it anymore? **Well, he ate it.** He didn't bother why he can't lift it anymore. He moved on and found new ways to improve himself.

Now let's look at the main lessons of his training and improvements and how can we apply this in every area of life?

Acquiring any new skill starts with very small steps

Milo didn't start by lifting a big heavy ox. He started with a calf. That gave him the chance to master the fundamentals as grow stronger and better each day.

He went with a smart approach to **take on a manageable challenge and slowly develop strength and self-confidence**; even though people were laughing at him. Deep down he had a long-term vision that was much bigger than the short-term pain of being laughed at.

No matter what skill you want to learn or which area of life you want to improve, you have to start small. You have to start with the fundamentals. Because you can only build a majestic skyscraper of success on strong foundations.

Think big, have a great vision, but start small. Don't overestimate what you can achieve in a year, but don't underestimate what you can achieve in five years.

In five years, you can dramatically improve your health, wealth, relationships, competences, happiness or whatever your goal is. But start by saving a few dollars per day. Start with walks in nature, then progress to jogging, running and weightlifting. Read one page per day and then add an additional one every day. And choose maximum one or two areas to improve at once.

While doing that, don't compare yourself to other people who are already masters. Beginnings (after the initial motivation wears off) are always hard, but the hard road becomes easier each day. Thus, manage your expectations and keep the long-term view in mind.

And remember, if your expectations are too high when you undertake a new challenge, you will be greatly disappointed and give up sooner or later.

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Long-term thinking means that you plan **the great results to come in years, not months or weeks**. Overnight success comes after years of hard work.

Hard work beats talent every time. But hard work is hard, since it demands **almost bulletproof consistency and focus**.

Hard work requires putting effort into your goals on a daily basis. That means you have to cut the bullshit and focus on what really matters. Day by day.

You have to persistently follow a successful plan step by step that leads you to your big vision. Consistency and never giving up, while staying flexible, are the key to everything. Milo knew that and thus wherever he went, he never left the growing calf behind.

Practical examples

Here is what consistency means in very practical terms:

- *It's better to exercise five times per week for an hour than one time for five hours.*
- *It's better to learn a new skill every day for 30 minutes than for three hours on a Sunday night.*
- *It's better to put money in your savings account with every paycheck than to put in what you're left with at the end of the year.*

Consistency is especially important when you face the first setbacks. In the beginning, enthusiasm drives you, but then **the enthusiasm wears off and you find yourself in the dip**. You realize that achieving your goals will be much harder than you assumed.

You feel like you're running out of time, money or passion. You fail again and again, and that damages your ego. Persisting in such a situation is hard as hell.

Of course, you have to make sure you persist at the right thing, but **following the process in hard times is what creates great people** (and also following the process when you're already super successful).

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What the Milo of Croton story teaches us is that the more adversity you face, the more determined you must become. That's how you grow and progress in life.

The more adversity you face, the more determined you must become.

Make sure you combine consistency with progressive overload and interleaved practice

Consistency is only one part of the equation. *Lift. Carry. Put down. Rest. Pick up. Practice. Lay down. Rest.* Day after day. Week after week. Year after year.

The right kind of consistency helps you focus, lay strong foundations and master the basics. The second part of the equation is **progressive overload in combination with purposeful practice.**

Practicing something with the same amount of effort and in pretty much the same way sooner or later becomes easy. Your comfort zone stretches, and when that happens it's time to put more effort on your shoulders.

The calf needs to get bigger and bigger. With that kind of an approach, things never get easier, but you the same steps make you stronger and stronger. We do also need variations to continue to grow in all aspects

Scientific research has shown that learning something in the same way over and over again is also not an efficient improvement strategy. It's better to **incorporate different concepts, approaches and techniques in the same learning session.**

You have to be on the edge of the learning zone (not entering the panic zone) by adding more load and new ways of practicing.

Milo was definitely adding more load on his shoulders automatically. Let's hope he also interleaved the practice by carrying the young calf in different ways and doing all different sorts of exercises while carrying the animal.

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The best effect of progressive overload and well rounded practice is that they lead to the slight edge effect and when the time comes to reap the efforts, the rewards can be really great. Improve yourself just a little bit every day, and the accumulated efforts will lead to success.

In sports, there are many ways to add load to your workouts. Here are seven most common ones:

- 1. Improving your form (it's always harder to lift when you do it correctly)*
- 2. Increasing the load you are lifting*
- 3. Doing additional sets or reps*
- 4. Performing the same workout in a shorter time*
- 5. Adding additional workouts to your weekly training plan*
- 6. Doing new, more complex workouts or remixing the workout routine*
- 7. Doing more work on the same muscle group*

No progression means no muscle growth or performance improvement.

There are also several ways how to interleave practice in sports. For example, in badminton, there are three types of strokes you can do. Blocked practice would mean practicing one stroke throughout the training period. Interleaved practice would mean mixing the practice of all three strokes in one session.

The same rules apply for improving other areas of life. Be consistent. Constantly add load. Practice to perfect current skills and develop new ones.

Be prepared to take a step back in order to make two steps forward. That's how you'll progress the fastest, no matter at what you want to improve. That's how you can become the best version of ourselves in the fastest way.

As good as the story might sound, progress is never linear

There is one thing that the Milo's story doesn't tell. **Progress is rarely linear.** Usually it happens with "one step back, two steps forward" or even in "a few steps back, one quantum leap forward" way. That means progress is full of ups and downs.

You practice, you work hard, but the progress is really slow. Or maybe you get sick, or a little bit fed up with everything and you simply must take a break. Those kinds of situations can make you extremely frustrated.

But if you keep persisting (maybe by adding one more pause or two), **one day you wake up, go to your practice, and suddenly see a big improvement.** The reward always follows the effort, if you practice right, it just takes time for things to settle in and for you to reap the rewards.

That's why following a plan with linear progress rarely works. You have to keep your plan lean and agile. You have to adapt to the feedback you get from your body and your environment.

You have to innovate your way out of setbacks, look for ways that work best for you, and stay flexible without any fixed ideas. With that kind of a mindset, you can always find new ways to improve when you reach a plateau or face a setback.

Non-linear progress is seen in sports very well. Here are a few examples of what kind of setbacks you can encounter, and how you can find a way to go forward:

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- *You might get sick, and need rest. But that can also be a good time to work on your flexibility and stretch regularly.*
- *Maybe you get injured and must rest completely. But that can also be a good period to study your competitors, gain new knowledge as well as get some proper rest.*
- *Sometimes you get fed up with a certain type of workout, and you can try a new sport, just to relax and keep the diversity high.*
- *From time to time it might seem like you work out like an animal, and there's no improvement. But then you change your exercises a little bit, and when you try the old exercises after a while, you see great improvement.*

There's always a way to push forward, you just have to keep your mind open. Winning is always based on your growth mindset.. In the winner's mindset, the most important thing is that you **don't give up if you don't see the results immediately** after the first few practices.

The new neurons need some time to grow, and they can't grow if you don't plan the proper combination of pushes and breaks. The same approach is needed when the time to break a plateau comes.

In the end, make sure you never give up

If consistency, progression and purposeful practice are the key to success, that means the most important thing is to never give up.

You should never be afraid of slow progress, the only thing you should be afraid of is to stop trying. There's a simple secret how to make sure you never give up.

The secret is to start with your goals and your WHY'S! You need a strong emotional reason why you want to achieve something. You must **empower your doing with a mission, which is greater than any setback** on the road. When you find your why, you don't have a problem with motivation anymore.

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*Nobody gets motivated by savings or an exercise plan.
People get motivated by life visions, missions and
meanings.*

Emotions are the fuel that drives people forward. You absolutely need a good plan, but even more importantly, you need to feel something deep in your bones. You need to feel that you were born to do something.

Knowing something won't ignite a change, feeling something will. That's how true change happens.... Yes it is a choice but it is based around and emotion! Tony Robbins (and many others) teach on this a lot a... WE do things for only TWO reasons.... PAIN or PLEASURE (Emotional state)

Always have a mentor and don't make any stupid decisions

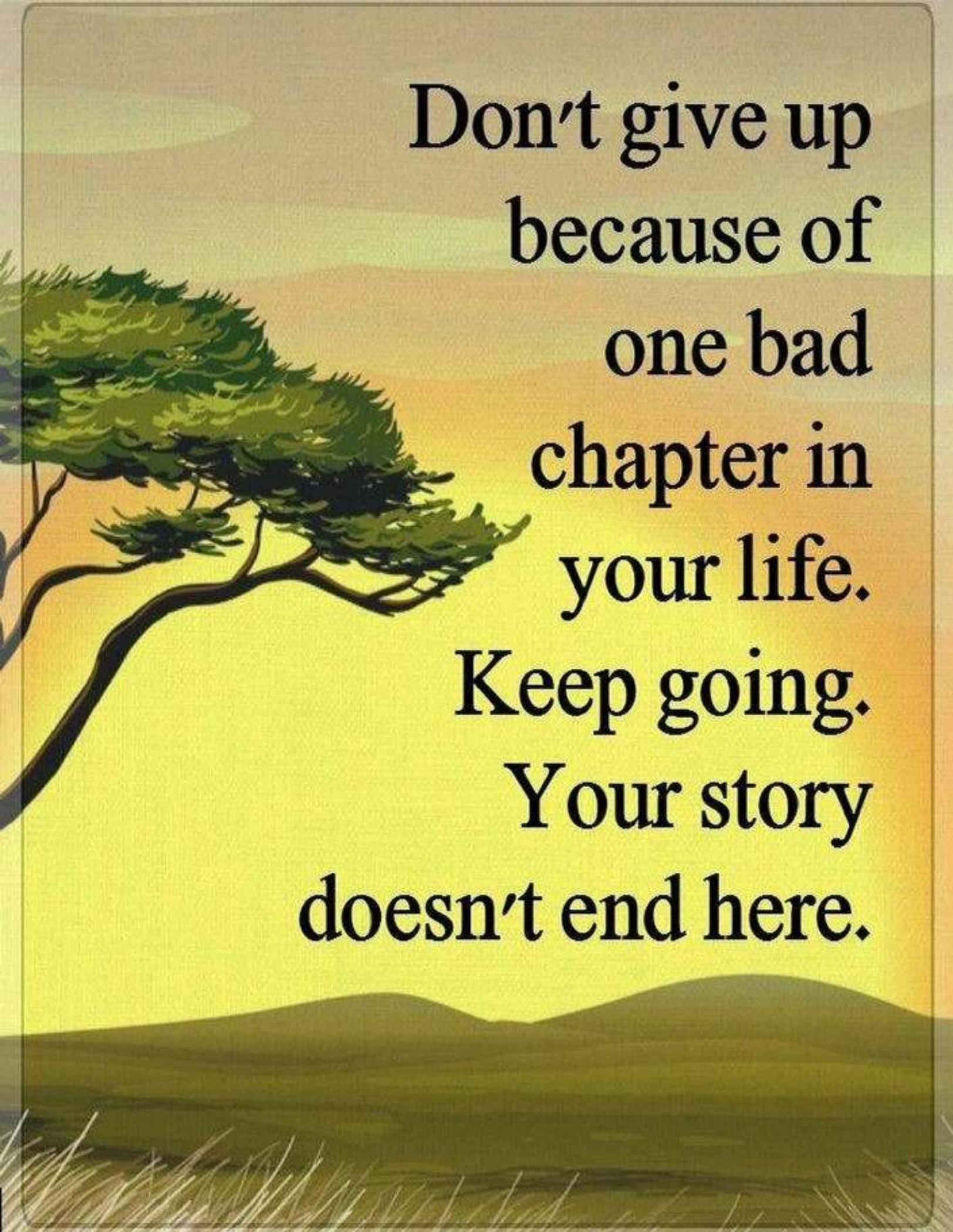
Milo was supposedly good friends with the philosopher and mathematician, Pythagoras, he was **the first man to call himself a philosopher** or lover of wisdom.

They became friends after Milo saved Pythagoras' life when a roof was about to fall on him. There's also a possibility that Milo married Pythagoras' daughter. I'm pretty sure that Milo had the chance to learn a lot of life wisdom from Pythagoras.

That's another lesson from Milo's story – always have coaches, mentors and tribe of people to help you on your way!

Milo, already an old man, wanted to test his vigor. He found a cleft tree trunk and wanted to split it in half with his fist. But he got his hand caught in the tree trunk and trapped himself. Soon he was devoured and eaten by wolves.

So the final lesson is: absolutely test your boundaries, but never make stupid decisions.

The background features a stylized landscape with rolling hills in shades of green and yellow, a large tree with dense green foliage on the left side, and a bright yellow sky. The text is centered on the right side of the image.

**Don't give up
because of
one bad
chapter in
your life.
Keep going.
Your story
doesn't end here.**