



THE SKINNY JENNY PROJECT



Ten Things
by Jenny Lutkins

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www.theskinnyjennyproject.com

Hello, my name is Jenny Lutkins and four years ago, I considered suicide. Through pure Grace my life was spared. I started The Skinny Jenny Project with my trainer, Daryl Cain at Fierce Physiques, mostly as a marketing play for him. Ha! After two years, I'm proud to say that this project has helped me overcome some major issues with body image, self-esteem, and diet. I hope it can help some of you as well.

"Ten Things" is something I started on Facebook and Twitter, outlining some of my (sometimes crass) opinions of fitness and well, being human. If just one person benefits from my musings, I will feel that I have paid forward some of my blessings.

-SJ



Ten Ways Skinny Jenny Paid For A Trainer

1. Played the "Daddy's Little Girl" card and accepted help from her concerned father.
2. Stopped getting nails done, cut back on highlights for hair. With a ripped body, who needs a french manicure?
3. Prepare meals at home. Eating out really is more expensive, and detrimental to the work I do in the gym.
4. Trade services with my trainer. I've taken his clothes to Goodwill when he was too busy! I also recorded his EP, which you should check out.
5. Consider the savings on medical bills in the future, pay now, save later.
6. Worked a little bit harder at her direct sales business. A couple more candle parties a month gave me dozens more sessions.
7. No more new clothes. I don't know what size I am anymore anyway, so I just keep wrapping myself up in what I have already.
8. Play the, "Don't you like my new body and attitude?" card with my husband.
9. Sell off things I didn't need anymore, like workout DVDs and fancy size 18 dresses.
10. Consider my training as important as my prescription or my electric bill. It is a part of what I need, so it goes in the budget.



10 ways SJ stays on track on weekends

1. Plan all the meals, including the cheat meal, just like any other day.
2. Make family activities actually active.
3. If you're going to have alcohol, step up the cardio the day of and day after.
4. Continue to drink lots of water, just like any other day.
5. Remember it's cheat meal, not cheat weekend.
6. Do weekend chores like vacuuming or lawn mowing with a bit more gusto.
7. Just have one meal out, if any.
8. Go dancing.
9. If you are less active and resting, eat less calories.
10. Church, yoga, meditation-do something to give thanks and create balance.



10 Ways SJ finds motivation

1. A constant, nagging, very vain desire to be the best...at something.
2. Now that I've learned to feel better, even a trace of the old Jenny spurs me into action.
3. I have a solid image of what I want to look like. I see it like a photograph in my mind that pops up with any thought of slacking off.
4. I have made myself accountable to very important people in my life. At first, it was God. He gave me life, I have no right not to live it.
5. Sometimes, I have no motivation, but I do have a standing appointment with my trainer. He is trained to keep me motivated and he's good at it.
6. I look back at old pictures and journals and it reminds me of how far I've come
7. I really want to be stronger. I've done the braniac thing, now I want to try the jock thing.
8. I have made great friends at various workout venues. If I don't go, I won't see them.
9. There have been some negative people who have told me I can't. I cannot fathom letting them be right.
10. I've been sick and unable to train or eat a lot for a week. I cannot wait to get back to it. If it's a habit, you don't need motivation.



10 things in SJ's gym bag

1. Lifting belt, lifting straps. I guess I don't lift enough to have to use these yet though, they're spankin' new.
2. Lifting gloves
3. Tampons. I hear some men at the gym may need to borrow these. I'll share. *(this is in response to the misogynistic statements I hear men use when teasing each other)*
4. headphones, three pair. (I have my priorities)
5. a hand towel
 - 5.1. a hand towel
 - 5.2. a hand towel
 - 5.3. a hand towel
6. Facial cleanser to wash off that stuff that's supposed to be there instead of makeup.
7. Deodorant
8. Pink Boxing Gloves. and a hand towel.
9. Heart rate monitor - got it for \$20 on Amazon, works like a dream.
10. Hot pink Chucks (Converse to "ya'll"). Actually recommended by my trainer for lunges and squats to help keep balanced.



*10 things SJ does at restaurants to keep to her
nutrition plan*

1. Avoid the ones that offer free bread or chips before the meal.
2. Order water to drink.
3. Look for the chicken, fish or beef section of the menu, then look for grilled items.
4. Choose steamed vegetables as the side, sweet potato with toppings on the side, if they have it.
5. Ask for everything plain or with toppings on the side.
6. If there are breakfast items, ask for egg whites and double the order.
7. Order more water to drink. Add the lemon.
8. Keep eyes on my own plate. I don't get any of my son's or husband's fries.
9. If it's the cheat meal, ignore the previous eight things, except for the water part.
10. Unless it's a special occasion, decide that it's just easier, cheaper, and healthier to cook my own food at home.



10 things SJ learned this week

1. What to do with beans.
2. I still stop in the middle of sets, especially bicep curls because they make me cry.
3. BCAAs work better than coffee when I'm about to have a post workout crash.
4. My posts upset some people, to the point that they avoid reading them.
5. Cable flys are kinda hard for me.
6. I don't like people to be upset, but I like people to explore what triggers deep feelings. That's the only way to change them.
7. My son really hates trying new foods, but can be negotiated with. Oh, and he hates to hear, "eat it or go hungry"
8. I can fight off my jealousy and self-deprecation, I just have to really want to.
9. I learned how to make a meal plan in DailyBurn, and that lesson alone was most of my 4lb weight loss.
10. How to start losing weight again.



10 excuses SJ doesn't make anymore

1. I'm scared.
2. I'm sore.
3. I worked out today, I can have a treat.
4. I hate cooking.
5. It's the weekend.
6. It's a holiday.
7. It's raining.
8. I'm too busy.
9. I don't have enough money.
10. No one else does it, why should I?



10 things that reward SJ more than food

1. A walking confessional with the dog.
2. A real confession, at church.
3. Finishing an hour of training.
4. Going to Tae-Bo or Zumba for a change.
5. A hot bath with a gazillion PartyLite candles lit up around me.
6. A long talk on the phone with a friend, or better yet, getting together with said friend.
7. Silly time with my son, dancing, wrestling, laughing.
8. "Silly" time with my husband;)
9. Hot stone massage. If you've never tried it, you are missing out!
10. Losing more bodyfat because I've done the previous nine things instead of rewarding with food.



10 signs someone is eating "clean"

1. She says the word "carb" an inordinate amount of times.
2. Deals on chicken and eggs excite her.
3. She says her cheat meal tastes like a spoonful of salt.
4. She uses the phrase cheat meal.
5. When she burps, she complains that it tastes like her EFA capsule.
6. She orders neat vodka with lime at a party, then gets sick after two sips.
7. You might catch her making out with a spoon with natural peanut butter on it.
8. She orders like Sally from "When Harry Met Sally" at a restaurant.
9. You'll only see her at one of three restaurants: Logan's Road House, Cracker Barrel, Waffle House (only with trainer supervision)
10. She is really starting to show muscle definition, has lost body fat quickly, and feels pretty darn good ta boot.



10 ways SJ fights cravings

1. Make sure I get all my food in throughout the day.
1. I HAVE TO REPEAT THIS ONE: MAKE SURE I GET ALL MY FOODS IN!
2. Avoid watching television. I always want junk while sitting on the couch.
3. Chew cinnamon gum or drink a cup of coffee.
4. Scramble some egg whites and add a little Morton's light salt. (Kills my salt craving)
5. Mix my Max Lean protein really thick and eat it with a spoon if I'm craving sweets.
6. Eat some nuts if I just want to chew (happens a lot to me).
7. Make sure I am prepared for my next meal so I'm not stuck looking in the fridge or cupboard for something to eat.
8. Avoid tempting places, like Mexican restaurants, ice cream parlors, or the movies (not having popcorn about kills me)
9. If it's late at night, I just brush my teeth and go to bed.
10. My cravings come with nerves. If I do some cardio, say a Rosary, or meditate in some way to relax, the craving will pass.



10 secrets to losing weight

1. Put less in your mouth while subsequently moving the rest of your body more. Hmm, I don't have 9 more.



10 SJ "Truths" exposed

1. Most women have a fat friend. I used to be a lot of women's fat friend, and my how relationships have changed!
2. I have good and not so good work out clothes. I'm not ready to expose when I choose to wear which:)
3. Undergarment decisions can be quite nerve wracking, especially when cycling or spinning.
4. I'm pretty sure most women get primped up for a night out just to outdo other women. Sorry guys, it's not for you!
5. A lot of my mental focus goes towards not farting in public, especially on this diet. Whew.
6. Most of lifting weights or pushing through cardio is mental, not physical.
7. Muscle does not turn to fat, or vice versa. You burn fat and build muscle, or vice versa.
8. There is no "man food" or "woman food," no workouts just for women, the decision to get fat or get fit is an equal opportunity employer.
9. Skinny people are treated differently than fat people. I have personal examples, since I've been both.
10. Fat loss cannot be achieved by exercise alone. Nutrition must be controlled. PERIOD.



10 positive changes SJ's made in three years

1. I eat, and enjoy, whole foods.
2. I do something active every day.
3. I wake up with hope.
4. I go to bed with hope.
5. I recognize and fight back my negative feelings, and usually win.
6. I work to change the things I am dissatisfied with, rather than just whining about them.
7. I don't look to blame anyone else for my faults.
8. I am working on giving credit to myself when I deserve it.
9. I'm not scared to jump over fire or ride my bike for two days.
10. I like myself a little bit more, and realize that this must turn into love soon.



Ten Things SJ needs to tell herself more often

1. Nutrition is easy. Eat good stuff, limit bad stuff. Move on to other things.
2. Go after one project at a time. All my attention in one area is more productive than skipping around half-assing everything.
3. Whining wastes time and energy. It does no good.
4. Though I can usually procrastinate and still achieve, the only way to a leaner me is through planning. Crap food is just too available.
5. Run faster to start with. I don't have to save up for a strong finish. I should cross the finish line spent.
6. I am a child of God, a wife, and a mother. These roles deserve my best at all times.
7. I'm not hungry, I'm just bored. I have eaten out of boredom since I was a kid, time to break that habit.
8. It is okay to use medication (prescribed:) if it makes my life better. There is no shame in treating a disease.
9. No one that matters is judging me. Those I care about like me just the way I am.
10. I am Jenny Lutkins. I am not Subway Jared, Jillian Michaels, or Erik Lutkins. I have my own story that is only mine, and it is a gift.



10 reasons SJ thinks the US Military is cool

1. Obviously, I might not be able to list ten of my opinions in an open forum without them.
2. They are the epitome of physical fitness, best of the best, because if they "lose" they are dead.
3. I'm pretty sure my father's military pay enabled me to get braces, have a car at 16, and for the most part be a really spoiled kid.
4. I am a recording engineer, and a lot of tech we use came out of military science. I am a sucker for sexy technology!
5. They know how to invoke deep emotion. I dare anyone to hold in their feelings during a 21 gun salute and flag presentation.
6. Their names for stuff just reeks cool: Blackhawk, MRE, SJ would be Sierra Juliet, so cool.
7. Neatness counts. Being tidy is cool.
8. My family will be able to get amazing car insurance and other financial support for generations, even though it was my dad that served.
9. Without them, we'd only have like two parades a year, and none with that perfectly synchronized marching.
10. The US Military is what keeps us a country, a community, and a family. And seriously, camouflage is just badass.



SJ's 10 most eaten foods

1. Bob's Steel Cut Oats
2. Max Muscle Triple Whey Protein
3. Romain Lettuce (unfortunately, not usually organic)
4. Purdue Fit and Easy All Natural Chicken Breasts
5. Kroger Lightly Salted Mixed Nuts with Peanuts
6. Smart Balance Rich Roast Chunky Peanut Butter
7. Baby Spinach Leaves
8. Smart Balance Light Buttery Spread Original with Flax
9. Laura's Lean Beef 4% Fat
10. Private Selection Frozen Green Beans



10 things SJ is grateful for (I need a pep talk)

1. Growing up never knowing hunger or having to do without
2. Coffee
3. Peanut Butter
4. Having met a man that stands by me no matter how big or small (or neurotic) I am.
5. The opportunity to feel soreness and muscle strain. Some people can't feel their limbs at all.
6. A son that brings me his cereal box and says, "Can I have this, there's only six sugars"
7. Friends that understand that I'm not obsessed, selfish, or vain.
8. Really great looking shoulders - I'm proud of how those have turned out.
9. A trainer that knows how to get the best out of me - build up my assets so my not so much of an ASSet doesn't look so bad.
10. having the opportunity to publish my thoughts, share my trials, and the chance to try to help people struggling with body image.



SJ humor: ten most painful minor injuries

1. Ice cream headache
2. Biting a Dorito the wrong way so it slices the roof of your mouth.
3. Walking through the woods and a branch snaps back and clips your ear.
4. Biting your cheek
5. Biting your tongue
6. Tripping on asphalt and skinning the palms of your hands.
7. Mostly for women, cutting wrinkly skin above Achilles tendon while shaving.
8. Pinching anything until there's a blood blister.
9. Stubbing the little toe on a metal bed frame.
10. Getting in your car and whacking your head on the top of the door frame. Might as well give up after that.



10 things SJ doesn't want to hear

1. It's just muscle, because, you know, it weighs more than fat.
2. Shhh
3. The camera adds ten pounds.
4. MOMMY, MOMMY, mommy, mom, MOM, MOMMMEEEEEEYYY
5. What can you have for dinner?
6. I can't do that, I might bulk up.
7. Welcome to McDonald's, can I take your order?
8. I just can't seem to gain any weight. I swear I eat!
9. Mountain climbers, ready, go.
10. You really need to rest.



10 things to understand about clinical depression

1. There often is no logical "cause" of symptoms. I can't tell you what is wrong.
2. There are physical symptoms, just like in the commercials. The ache in my muscles and sometimes, deep in my bones can take me out.
3. Exercise really does help alleviate some of the pain.
4. Refined sugar, fried foods, and especially a combination of both can bring on my depression.
5. "Cheer up" can aggravate me more. It's not like my goldfish died. There is a chemical imbalance, like I'm drugged and can't sober up.
6. It is embarrassing. I don't like crying for "no reason," having to take a dreaded SSRI, or seeming like a lazy bum when I sleep all day.
7. Writing things down, forcing myself to see the illogic of my thoughts, is the most therapeutic exercise I've found.
8. The people closest to me tend to help the least. The biggest strides I've made in fighting depression have been with professionals.
9. That doesn't mean that I don't NEED my family. Sometimes, the best thing they can do is be close and let me cry.
10. There is hope. Hope is real. Relief comes as long as I don't let go of my hope.



*10 random things SJ saw on her 130 mile bike ride
this weekend*

1. 3 dead opossums
2. 2 snakes (not sure of their health)

I interrupt this Ten Things to bring you this bulletin: OWEE, anyone have a donut pillow and a hot tub?

3. A severed paw - perhaps from a monkey?
4. A refrigerator for sale at a yard sale.
5. A thoroughly toilet papered lawn.
6. A church sign that said, "Believe On Jesus Christ"
7. A GIANT pair of abandoned tighty whiteys.
8. A walker, in the middle of a huge lawn, with a sign reading, "FREE"
9. Not one, but two used air filters (for a house) spaced miles apart and right in my way on the road.
10. Not one, but two very welcome finish lines.



Ten things SJ should think about besides her weight

1. God
2. How proud she is of her son.
3. Why she won't make an appointment to get her hip checked.
4. Cleaning the house.
5. Why she uses Facebook more than the phone to communicate with people.
6. How to get a job in recording so she can mostly think about music.
7. Finishing that ridiculously easy personal training certification so she can go on to learning the real stuff in "the field."
8. How to use The Skinny Jenny Project to help more people.
9. How blessed she really is.
10. HEALTH, not looks, not numbers, mental and physical HEALTH.



10 things SJ ate in 2008 vs. 2011

1. Gas station cappuccinos vs. Walgreens gallon of spring water. (They have a neat little blue handle)
2. Cheetos vs. green pepper slices in hummus
3. Mexican restaurant nachos vs. Mexican restaurant grilled chicken salad
4. Quarter Pounder with cheese and fries vs. lean skillet steak with green peppers and onions.
5. Apple cinnamon instant oatmeal vs. steel cut oats with vanilla protein powder.
6. 32 oz of Coke vs. at least a half gallon of water.
7. Bleached spaghetti with meat sauce vs. lean meat sauce over whole wheat spaghetti or romaine lettuce.
8. Powdered garlic mashed potatoes vs. baked whole sweet potato with Smart Balance butter and cinnamon.
9. Reese's Peanut Butter Cups vs. Max Muscle Lean Chocolate protein with PB2, blended thick.
10. Doritos vs. well, hell, there is no replacement:(CHEAT MEAL!



10 things SJ's six year old says are healthy (I'm proud to say that he did really well when I asked him this!)

1. Apples
2. Carrots
3. Broccoli
4. Turkey
5. Ranch Dressing (hey, it helps him eat the other stuff:)
4. Salad
5. Chicken
6. Blueberries
7. Strawberries
8. Milk



10 Cool "side effects" of eating healthy and exercising

1. Fast growing, strong nails.
2. Fast growing, shiny hair.
3. Better temperament after long, stressful trips.
4. When my son asks me to scale a large rock after him, I can actually keep up.
5. Less fear of physical challenges.
6. Clearer skin.
7. Fewer packages to unwrap while making dinner.
8. More endurance when I am stuck standing in line.
9. Less alcohol gets me drunk. Cheap date!
10. Unloading Christmas decorations is a snap!



10 ways SJ beats the holiday "funk"

1. Work out like a maniac, until I OD on endorphins.
2. Make up new words to Christmas carols, like, "Brenda The Big Boned Mall Bitch" (tune of Rudolph).
3. Participate in as many church activities as I can.
4. Have a movie "merrython" with the classics, "Holiday Inn", "White Christmas", "It's a Wonderful Life", & the finale, "Christmas Vacation"
5. Workout like a maniac, again.
6. Design custom Christmas cards, preferably using photoshop, a classic movie, and my family's faces.
7. Call Mom. Every day.
8. Actually take the time to look at pictures from the past year. Granted, with kids, the funk may be just slightly upgraded to weepy mess.
9. Go ahead and eat the damn cookie for God's sake! It was a gift, and isn't going to kill me.
10. After I workout again to burn off the cookie, I give in to the magic, joy, and holiness that is ALWAYS around us.



10+ things SJ endorses

1. "Water With Lemon" by Zonya Foco. The book that turned around my attitude towards nutrition.
2. Daryl Cain at Fierce Physiques. The guy who took over 60lbs off me and taught me Olympic lifts and tire flipping.
fiercephysiques.com
3. Max Muscle Cool Springs. The supplements work and taste amazing. Four people helped me last time I went in there.
coolsprings.maxmuscle.com
4. Champion C9 Sports Bra from Target. If you have average sized ladies, great support. You don't need to do yoga to get it on either.
5. Brooks Adrenaline cross trainers. My ultra wide, size tens can wear no other shoe for running, jumping, and crawling through mud pits.
6. Fleet Feet Sports. These guys help me fit into my Brooks Adrenaline shoes. They watch you walk and run and find the best shoe for you. fleetfeetnashville.com
7. Kroger. You can't beat the price, they have organic items, a lot of vitamins, and you save on gas with your Kroger Plus card!
8. CrossFit Talon PTR. Dennis and Tara Cheatham know what they're doing, push us hard, and still make us feel like family.
talonptr.com
9. That one green handled jumprope that I get every once in a while at CrossFit. I can almost get three doubleunders in a row with that one.
10. Coach Scott Abel's blog and Facebook statuses. That guy hits the nail on the head. scottabel.com
- 10.1: Daily Burn. The app and website have everything I need to log my nutrition and find inspiration. dailyburn.com
- 10.2: Map My Fitness. Great tracker app for biking, running, walking, or crawling if that's what you gotta do. mapmyfitness.com



Ten ways SJ beats muscle soreness

1. Get moving again as soon as possible! The longer I sit, the worse it hurts.
2. Take amino acids, before, during, and after workouts. I use Max Muscle XTR.
3. Drink enough water. Enough is a lot more than you think!
4. Hot Epsom salt bath. At least two cups and as hot as I can stand.
5. Avoid alcohol and dairy. That stuff makes me feel worse (at least when I'm sore).
6. Get a massage. (usually involves getting a job first).
7. If it feels like joint pain or a pull, ice area several times a day.
8. If ice doesn't help, 600mg of ibuprofen every four hours. I hate coming to this, so only for bad joint or tendon pull pain.
9. Foam rollers are my best friend. Hurts so good!
10. For goodness sake, it doesn't hurt that bad. Go workout again and toughen up.

10 ways to change your diet, permanently, for the better

1. DECIDE that it is time to change. RIGHT NOW.
2. Write down everything you eat for at least three days.
3. Change your worst habit first. Too much sugar? Too few vegetables? Addicted to sweet tea? Tackle that first.
4. Drink more water. Then drink even more.
5. Choose whole, unprocessed foods. Work to replace all major meals with natural, "close to the farm" groceries.
6. Plan your meals in advance.
7. If you start to feel overwhelmed and deprived, go back to just eliminating your worst habit. Don't give up altogether.
8. If you're not feeling better, craving less, and losing weight, write down your food again and ask for help evaluating your choices.
9. Use fruit as your treat. Try some exotic ones to make it fun. I still don't know how to cut a kiwi?
10. Do some homework. Research nutrition. Once you learn what's healthy, you'll never forget it. The "good choice voice" will haunt you.