

## 21 Guaranteed Results

**In the Field of Childhood Obesity Prevention Nobody Guarantees Anything. But by exposing kids to the right ideas and helping them learn to physically pull their own weight, any parent or teacher can absolutely guarantee the following results!**

1. Every kid will find a place from which to start and succeed immediately.
2. No kid will be left behind or humiliated in any way.
3. Every kid makes regular progress almost every workout in front of peers.
4. Regular progress and high fives create a strong desire to repeat the experience.
5. It's simple and easy to understand.
6. Girls will be as successful as boys.
7. Every workout will be documented and progress will be recorded.
8. There's not a school, a pre-school, a park district, a Y, a youth club in the US that can't afford to implement this program. Low-budget is the correct description.
9. Kids who can do at least one pull up are almost never obese and are naturally immunized against obesity as long as they maintain the ability to do pull ups.
10. In any school, the higher the percentage of kids who can do at least one pull up, the higher the percentage of kids who are naturally immunized against obesity.
11. Any school in which 100% of kids can perform at least one pull up has completely eliminated childhood obesity from its ranks.
12. Pull ups reward body fat loss and muscle mass gains with performance gains.
13. Pull ups punish body fat gains and muscle mass loss with performance losses.
14. Regular work enhances pull up performance.
15. Healthy eating habits enhance pull up performance.
16. Getting sufficient rest enhances pull up performance.
17. Avoiding negative habits (tobacco, alcohol, drugs) enhances pull up performance.
18. The more pull ups a kid can perform, the more physically efficient (the lower their percentage of body fat) they will be.
19. Parents who can perform at least one pull up cannot be obese and are walking the walk and setting a good example for their kids.

20. Teachers who can perform at least one pull up cannot be obese and are walking the walk and setting a good example for their kids.
21. Educational administrators who can perform at least one pull up cannot be obese and are walking the walk and setting a good example for their kids.