



Ex-Navy SEAL Reveals 10-Step Routine for Success

Description

Former Navy SEAL DJ Shipley, with 17 years of military service, spoke on the Mulligan Brothers podcast recently. He shared insights about fitness, suggesting that long-term progress comes from repeating simple, realistic habits rather than joining the '5am club' typically associated with hustle culture.

Shipley has maintained the same morning routine since 2004, waking and going to the gym at consistent times. He emphasizes the importance of building consistency through small 'micro wins' throughout the day, which require little effort but lead to significant improvement.

One straightforward habit he advocates is walking. Shipley notes that walking a mile takes about 20 minutes and that he completes this three times daily, totaling 21 miles weekly. He advises starting by waking up 30 minutes earlier and walking in the morning and evening.

Shipley applies the same straightforward approach to diet, emphasizing sustainability. The best diet, he believes, is one that can be consistently followed, similar to maintaining a morning routine.

His daily routine, mostly unchanged over the years, revolves around repeatable habits for sustainability. It includes regular wake-up and training times, a protein-centered diet, and multiple daily walks, among other practices.

Shipley's philosophy focuses on stacking many 'micro wins' to create long-term successful habits without drastic lifestyle changes. By consistently following these small steps, Shipley suggests that meaningful results can be achieved and sustained.

Comprehension Questions

Multiple Choice

1. What does DJ Shipley suggest contributes to long-term progress in fitness?

- Option: Joining the '5am club'
- Option: Repeating simple, realistic habits
- Option: Intensive workout sessions
- Option: Following strict diets

2. How long has DJ Shipley maintained his morning routine?



- Option: 10 years
- Option: 15 years
- Option: 17 years
- Option: 20 years

3. How many miles does DJ Shipley walk weekly?

- Option: 14 miles
- Option: 21 miles
- Option: 28 miles
- Option: 35 miles

4. How many times a day does Shipley suggest walking?

- Option: Once
- Option: Twice
- Option: Three times
- Option: Four times

5. What type of diet does DJ Shipley emphasize?

- Option: Keto diet
- Option: Vegan diet
- Option: Sustainable diet
- Option: Intermittent fasting

6. What is a fundamental element of Shipley's philosophy on fitness?

- Option: Immediate results
- Option: Drastic lifestyle changes
- Option: Micro wins
- Option: High-intensity training

True-False

7. DJ Shipley believes that drastic lifestyle changes are necessary for fitness.

8. Shipley walks a mile three times a day.

9. DJ Shipley has changed his morning routine frequently since 2004.

10. According to Shipley, the best diet is one that can be consistently followed.



11. Shipley suggests that waking up 30 minutes earlier is unnecessary for improvement.

12. Micro wins are not important in Shipley's daily routine.

Gap-Fill

13. DJ Shipley emphasizes that _____ progress comes from repeating simple, realistic habits.

14. Shipley walks a mile in about 20 minutes and does this _____ daily.

15. His routine includes a protein-centered diet and multiple daily _____.

16. Shipley believes the best diet is one that can be _____ followed.

17. According to Shipley, building _____ through small 'micro wins' is crucial for success.

18. He advises starting by waking up 30 minutes _____ and walking in the morning and evening.

Answer

Multiple Choice: 1. Repeating simple, realistic habits 2. 17 years 3. 21 miles 4. Three times 5. Sustainable diet 6. Micro wins

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. long-term 14. three times 15. walks 16. consistently 17. consistency 18. earlier

CATEGORY

1. Health - LEVEL4

POST TAG

1. B2
2. daily routine
3. ESL learning
4. esl news
5. Level 4
6. micro wins
7. Navy SEAL



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