

Healthy  
Idol!

*Trisha Stewart*

# Healthy Idol!

**The Essential Guide to Eat Right, Avoid Excess,  
Get in Shape, Look Fabulous and Cope with Life:  
for Healthy Idols everywhere!**

**By Trisha Stewart**

# *Healthy Idol*

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## **Visit us on the web at:**

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Other books by Trisha Stewart include:

Healthy Tart

Healthy Dude Book (September 2008)

Healthy Bunch Cookbook (September 2008)

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*Dedications*

This book is dedicated to Luke, my eldest Grandson, now 18.  
He has taught me so many life lessons and now is finally going  
to listen to me!

## ***Healthy Idol***

### *Acknowledgements*

My thanks to Mavis, Chris and the team as a whole. Young people are an incredibly important aspect of our society and I hope this book contributes in some way towards their development.

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*"If I said to most of the people who auditioned, 'Good job, awesome, well done,' it would have made me actually look and feel ridiculous. It's quite obvious most of the people who turned up for this audition were hopeless."*

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Simon Cowell

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## *Healthy Idol*

- Have a Plan B
- Don't go it alone

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# Healthy Idol

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## *Preface*

There is a phenomenon that has captivated the attention of the world's TV audience. Around the world, thousands upon thousands of kids from literally toddlers with proud parents through twenty-something year-olds with hopeful dreams line the streets to audition for the ubiquitous talent show. And, of course, the mother of all talent shows is the *American Idol / Pop Idol* franchise. *American Idol* has launched the careers of superstars like Kelly Clarkson and Carrie Underwood, as well as many other contestants who never made it to the actual 'Idol' finals. In the UK previously complete unknowns including Will Young, Paul Potts and the group Girls Aloud have skyrocketed into spectacular careers as a result of these talent shows.

This global sensation shows that so many of us want to achieve something special. We have a spark inside us and strive for our 15 minutes of fame. I am truly amazed by the human spirit and heartened by the raw talent, but too often devastated by the rate at which some of these gems burn so brightly only to fall so hard. It seems few of our talented youngsters are prepared for that journey or indeed for the consequences of that success.

Every time you watch the TV, read a magazine or surf the web, there appears to be another case of some young star heading for rehab, overdosing (on legal or illegal drugs), being charged with

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drunken driving or on the verge of starvation. How can these talented young people go so far astray so quickly?

And it's not just in the field of entertainment. Young people in every walk of life are trying to better themselves and strive towards a brighter future. But there are obstacles along the way that many are unprepared for - stress, image/weight issues, peer pressure, bullying, drugs, alcohol abuse, depression and more.

That's why I decided to write this book as an easy-to-read and easy-to-understand guide providing alternatives to those negative paths. Let me say right now that this book is not about being squeaky clean or perfect! It's about how to reach for those lofty heights and make the right choices along the way. I want my readers to recognize the difference between assistance and exploitation, friends and social climbers, a few drinks and a binge. I want them to understand that the way to be at the top of their game is to be healthy - physically, mentally and emotionally.

Look, we're not all going to become an ***American Idol***, but can dream...and given the right life choices, dedication and motivation, we can achieve the best that life has to offer us. This book is for anyone that wants to achieve something special and not get burned in the process. It is written primarily with younger people in mind but the advice and examples I offer are just as valid no matter who you are. So dream big and go for it...the ***Healthy Idol*** way!

Trisha Stewart - May 2008

*Trisha Stewart*

# Chapter 1

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*SO YOU WANNA BE A HEALTHY IDOL?*

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*"If you dream and you believe, you can do it."*

**Sean P. Diddy Combs**

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Admit it...even if just to yourself for right now. You want to be famous! Its okay...lots of people dream of being famous. Deep down we all want our 15 minutes of fame...the chance to stand in the spotlight, hear the applause and be adored for doing something really well. Think about it. Any time you've received recognition for something you did well, you loved it. Its human nature to want to be appreciated...and being appreciated is a good thing. And, there are some of us that truly crave that

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recognition and are drawn to activities and careers that will feed that craving...the performing arts (acting, singing, dancing), sports (baseball, basketball, football), writing, painting...the list goes on.



If it weren't the case...why would the most popular shows on television be talent competitions? *American Idol*, *You've Got Talent*, *Dancing with the Stars*...all top-rated shows that we not only watch, but talk about between episodes and hope to someday have the chance to appear on ourselves. If you're reading this book, I'm betting you are one of those people...you've got dreams and ambitions of fame, fortune, celebrity. You're ready for the big time and your chances of making it are good. Why? Because you're smarter than a lot of other young people who just wish it would happen. You've decided to take action...go after your dreams and do it the right way...the healthy way. That's what *Healthy Idol* is all about. This book will help you set goals and work towards reaching

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your “Idol” ambitions - whatever they may be, while helping you stay healthy inside and out. In other words, to truly be a *Healthy Idol* you need to take care of your talent, your body and your mind. Well, I’m here to help.

### Dream Big



The first thing you need to do is set your sights on your goal. Now is not the time to hold back...go for it and reach high! What’s the most amazing goal you can imagine? Is it performing on Broadway? Performing at Carnegie Hall? Singing to a sold-out crowd? Making it to the World Series? Writing a bestselling novel?

Whatever your passion...your talent...your skill...imagine how far you can take it and what you’d like to accomplish. It’s more than just a vague idea. I want you to visualize yourself in that

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setting. Right now, I want you to sit somewhere quiet and comfortable. Close your eyes and take a deep breath. Forget about everything except your goal. Don't worry about what happened earlier in the day...or what you have to do later. Just think about the ultimate reward of your dream. Are you accepting an award? Giving an interview? Attending a premier? Whatever it is, I want you to see every detail. Picture everything around you. Where are you? What does the stage, studio or red carpet walk look like? What you're wearing? Who's there with you? How do you feel? What do you hear? What do you see around you?

Did you do it? I hope so, because it works! You see the biggest part of making any dream a reality is first making it real in your mind. Did you know that Jim Carrey used to head up into the Hollywood hills and look down over Los Angeles? There he would visualize his own dreams of making it as an actor...right down to the suit he was wearing at the award show.

This was all BEFORE he'd "made it". Did it work? Well, now he earns around \$20 MILLION per movie...that's right \$20 MILLION. So, yes I'd say it worked, wouldn't you? And, if you can't see yourself in that situation...then it's likely never going to happen! Jim Carrey knew that...and now, so do you. So, start imagining that place you want to end up right now. The more details you can see and visualize the more real it will become

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to you. Make it real in your mind and then make it real in your life!

So, you've got the detailed vision and now you can just sit back and wait for it to happen, right? Of course not! You know that just imagining your dreams coming true won't make them happen. It takes a lot of hard work and determination. And, everyone who DOES make it...makes their dreams come true...they all have something in common. They have all worked hard to hone their talent, persevered through challenges and kept on going.

So - here's your quick dose of reality, a little cold water in your face: If you're not going to work hard then you're never going to achieve your dreams! There, I said it. So you need to decide right now if you're willing to do the work. You're ready aren't you? I knew it! I could tell you were one of the special, determined, driven talented ones. You can visualize it all becoming a reality and you're ready to hit the ground running, right? Okay, then...drum roll please... welcome to the world of *Healthy Idols!* Let's get started!!

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*"Don't compromise yourself. You are all you've got."*

**Janis Joplin**

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Once you have your vision...you need to set short and long term goals to help you achieve it...steps to mark your progress along the way. If you don't have any way to measure your success,

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growth and improvement...you won't have any way to know if you're heading in the right direction and staying on track.



Your goals are much more specific than your vision. Your vision may be to get a recording contract, but your goals are the way you get closer to that contract...one accomplishment at a time. So, what are some specific goals for you?

- Find a voice coach and take singing lessons
- Audition for a local play
- Improve your basketball free throws
- Get some headshot photographs taken
- Lose some weight and become more fit
- Tryout for a sports team
- Take an acting class
- Learn to play a musical instrument

Now, setting goals is one thing. Making sure you set good goals that help you improve yourself, keep you on track and yet

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won't be so hard to reach is another matter! So what you should do is to make your goals **S.M.A.R.T. goals**. This is a system of setting goals that help ensure you can actually achieve them. So, let's take a look at what **S.M.A.R.T. goals** are:

**Specific:** *Don't say, "I want to be a singer." Instead say, "I want to be singing with a local band in six months." That way it's very easy for you to see how much you're improving and you'll feel great when you get there.*

**Measurable:** *Give yourself something you can truly measure. If your goal is to get headshot photographs taken, there are steps you can break down: Get a list of quality photographers, meet with them, view their portfolio, get an estimate of what it will cost, save the money, set the appointment. You can check off each piece as you get it done and measure how close you're getting.*

**Attainable:** *Can you make this happen? Do you have the skills, resources, knowledge and desire to reach your goal? Can you get those needed things? If you want to be a singer, but aren't sure if you can carry a tune, then find a voice coach that will give you an honest assessment of your skills. From there you'll know how to adjust your vision.*

**Realistic:** *This is really up to you...if you work at this, can it happen? An unrealistic goal would be "I'm going to get a*

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*recording contract in the next six months!” Not only is it unrealistic, but you’ll be setting yourself up for frustration and disappointment when it doesn’t happen. Not sure about what’s unrealistic and what’s a good challenge? Share your goals with someone you trust for some support and feedback.*

**Timely:** *Having a timetable attached is the best way to keep on track. Make sure you have target dates of when you want to accomplish and meet your different goals. If you don’t have an end-date in mind, there’s no incentive to get started. If there’s a date to try out for the team or audition for a play then you’ve got a built in timeframe right there!*

We’ve made it even easier for you to set your goals. With the S.M.A.R.T. tips in mind...you can complete the “FUTURE WHEEL” worksheet from **Fact File A** (at the end of the book). This is something you can copy and stick up on the wall or bathroom mirror to remind yourself of where you’re headed!

Remember that your goals are a way for you to meet your big dream...your vision. But you may need to adjust your goals along the way...or even make new and different ones. As long as your goals are getting you closer to your big dream, you’re heading in the right direction.

### **Keeping you and your goals healthy**

*Keep in mind that maintaining or improving your health needs to be one of your most important goals! Whether you’re going*

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after something physical like playing sports or something artistic like singing...if you're not in the best health you can be you won't have the stamina and strength to accomplish your dream. Trying to determine what is healthy these days, especially looking at many so called celebrity role-models might just be your biggest challenge. But, that's where *Healthy Idol* can help. This entire book is focused on giving you the truth about eating, exercise and everything else. Here are some of the key points you'll learn:

1. The FOUR Foundation Stones to Build the Best YOU!
2. What to eat, how much to eat and when to eat it
3. The REAL truth about fast food
4. How to get fit fast...without joining a gym
5. What drugs are REALLY doing to your mind and body
6. How to recognize, face and overcome obstacles to your dream
7. Tips for making the right choices for YOU
8. Why you need a Team to support you along the way (and how to build it)

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*"The worst crime is faking it."*

**Kurt Cobain**

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You've got your vision, you've set some goals and you're ready to put them into action. *Healthy Idol* has the steps, truth and

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tips you need to make your dream a reality. Are you ready to take each step, fight the good fight and stick with it? Great, because guess what? Tomorrow is coming no matter what, so I want to make sure it gets you one day closer to your dream!



## Chapter 2

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*IMAGE IS EVERYTHING...THE RIGHT IMAGE THAT IS*

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*"Years ago I asked my dad for a boob job, but he said it would cheapen my image."*

**Paris Hilton**

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If image weren't important, how could so many people be famous for doing absolutely nothing but being who they are and presenting that certain, desired image? Don't believe me? Take our quotable gal, Paris Hilton...what does she do? She's Paris, that's what. Love her or not...she's famous for her image.

Things that make you go...hmmmm! So, no matter what we think about celebrity and fame...image is a big part of it all. From first impressions to lasting ones, what people think about us has an impact. And, if you're thinking about being a Healthy Idol, what other people think about you can make or break you.