

Gimmickless Nutrition

Why bother with nutrition when you're already active?

- Nutrition accounts for more than 50% of your fitness progress!
- Your body is a machine and you need to fuel it with the high octane stuff.

Benefits of Better Nutrition

- Lower risk for heart disease & stroke
- Decrease risk for certain cancers
- Lower cholesterol
- Increase HDL & lower LDL
- Look and feel healthier
- Consistent energy throughout the day
- Decrease recovery time

Keep it Simple: 3 Variables

- Calories
- Spacing
- Ratios

Calories

- Average woman/ average man
- Worksheet
- Your body is a bank account

Spacing

- Every 4 hours
- Fireplace
- Lose bodyfat with -500Kcal
- Gain lean body mass with +100Kcal

Ratios

- Protein
- Carbohydrate
- Fat
- Worksheet & Examples

Water

- The most important nutrient
- Minimum of 8 glasses (1/2 gallon) per day

Real Life

- Wild animals don't overeat
- Wild animals eat all the time
- Herbivores vs. Carnivore (Omnivores)

What This Means

- Eat a variety of different foods in your regime
- Calories
- Spacing
- Ratio
- Water

Next Steps

- Progressive resistance
- Cardiovascular
- Flexibility
- Nutrition (>50%)

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