

# Fitness



# AdVantEdge

## Newsletter #6-Cold Temperatures Outside with Hot Workouts for Hot Bodies Inside!!

### Results

Everybody wants results in the gym, right? What steps are you taking? What new patterns of action have you created or changed in your life? What goals have you set to achieve the results you want? What have you given up in order to achieve your goal? What fuels your desire? What motivates you? One of the biggest challenges I think people face and have the hardest time giving up is poor nutrition. As some members have trusted Traci and I more, we have heard from some about not following the nutrition exactly or changing it to suit their desires. Those desires for certain foods may be part of the process that helped you become out of shape or over weight. What can you do? You have to become uncomfortable (step out of your comfort zone) and not cater to your selfish desires of food. **If you want to only exert 50% effort, you will receive only about 20% benefits!** ½ effort does not deliver ½ results; the proportion is less than equal! How do you change poor nutrition? Create a food journal to log and monitor your daily intake. Many times people are surprised when they realize how many calories they take in or how many times a day they cheat. Plan your next days meals ahead of time. Do not set yourself up for failure, get set for success by knowing what you will eat and having it on hand. Plan your week so you can purchase items you will need when you are at the store. I have also seen people tweaking the program by doing cardio only or weights only and wondering why they don't get results. I recommend that people follow the nutrition plan of Body For Life for a 12-week period and after that they can

tweak the program slightly and monitor their results. Proper nutrition is: 6 meals per day, an equal portion (size of your fist or palm of your hand) of protein and complex carbohydrates, 2 servings of vegetables per day, and limit carbs after your evening meal. Buy the Body for Life book for more on the principles and motivation!

### Sugar

One of the largest detriments to your success is sugar. Many simple carbohydrates are high in sugar. Sugar causes your insulin level to spike and then crash. In order to be healthy, a person must keep their blood sugar level throughout the day. This is done by consuming complex carbohydrates instead of simple. I found an article called "62 More Reasons Why Sugar is Ruining Your Health" by Nancy Appleton, PHD. Some of the high-lights (or lowlights) follow. Sugar can: cause cardiovascular disease, change the structure of protein, promote an elevation of LDL, cause free radicals in the bloodstream, cause a permanent altering in the way proteins act in the body, damage the pancreas, increase the bodies fluid retention, make the tendons more brittle, cause headaches, cause depression, increase risk of colon cancer, cause hormonal imbalance, lead to the formation of kidney stones, and is an addictive substance.

### Articles Welcome

Please submit a short article about your success or any questions or suggestions that you would like to see covered in our newsletter.

### Disclaimer

This information is designed to help you make informed decisions about your health. The information is

not intended as a substitute for advice or treatment that may have been prescribed by your physician. You should always consult your physician before beginning any exercise program, or before adhering to the recommendations given. You are personally responsible for the way in which the information or recommendations given are perceived and implemented, and do so at your own risk.

### Fitness AdvantEdge

Is located at 1005 6<sup>th</sup> Street. We offer customer service unparalleled by any other fitness center and focus on helping people reach their fitness goals. Call (515)382-9721 or email us [fitnessadvantedge@hotmail.com](mailto:fitnessadvantedge@hotmail.com) to discuss your plans to improve your health, lower your risk of many diseases, boost your immune system, improve your appearance, and increase your self-confidence.