

Fitness



AdvantEdge

Newsletter #7-Cold Temperatures Outside with Hot Workouts for Hot Bodies Inside!!

Meals and Meal Timing

The number one common trait of people who have lost weight and KEPT it off is that they eat breakfast. The goal of working out is to keep our metabolism at its highest level. Breakfast is your body's first opportunity to begin metabolizing calories for the day. Don't miss out on the opportunity!!

5-6 meals per day are also required to keep your metabolism humming along. Our body's metabolism peaks one hour after we eat. By eating 5-6 smaller meals per day, you are doubling the number of peaks every day! Smaller meals also discourage us from overeating and help to maintain steady blood sugar levels that our body depends on to lose fat.

Later in the day, you should consume fewer carbohydrates, as your body will not need them for energy. However, while you sleep your body will utilize proteins for repairing muscles from your previous workout. So, in the evening, minimize the amount of carbohydrates consumed. If your goal is muscle gain, your body will even benefit from an intake of protein immediately before bed!

Food timing in relation to your workout is as follows. Do not eat before doing cardio first thing in the morning and wait for one hour after your cardio to eat breakfast. After strength training, it is beneficial to consume protein (especially WHEY protein (it is the fastest absorbed)) and some simple sugars (the ONLY time to take in simple sugars) like Gatorade or Mass Recovery (has both simple carbohydrates and whey protein in one drink!!) to replenish your glycogen storages you have depleted during your workout.

The BIGGEST thing I see many people missing out on to help them become leaner and more toned is the use of Myoplex. It should be a staple in your nutritional arsenal. There is not one single person whose pictures are published through Body for Life or Muscle Media that did not utilize Myoplex. It supplies vitamins and nutrition that your body needs for your workouts and recovery. It is more nutritionally complete than a bar, although not as convenient. There are 11 flavors to choose from.

Holiday Season

Set your goals now for this holiday season. A good goal would be to not gain any weight from now until January 1st. An even better one would be to set some goal for weight loss, strength gain, or endurance gain. Some helpful tips. 1) If you know you are going somewhere where there will be unhealthy food, eat before you go and avoid standing around where the food is. Take some type of less harmful food with you. Fruit or a protein bar, ANYTHING except feeling you are at the mercy of the host to depend on something to eat. 2) Commit to maintaining your fitness program. You may want to allow yourself to miss a few workouts for the holiday season, but set a limit on them and never miss two in a row!

Thank You

Traci and I would like to extend a great deal of thanks to all of our members that have supported Fitness AdvantEdge. The fitness business is very tough to start in a small town while still offering high quality equipment, staff at all times, a clean environment, and knowledgeable staff. An extra level of thanks goes out to those members who support us even more through their business of

supplements and services above and beyond their membership.

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 6th Street. We offer customer service unparalleled by any other fitness center and focus on helping people reach their fitness goals. Call (515)382-9721 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.