

# Gimmickless Nutrition

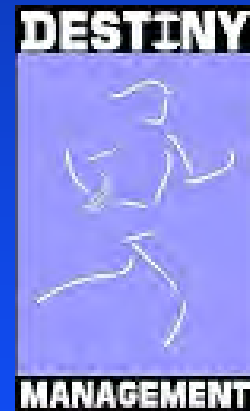
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# Why bother with nutrition when you're already active?

- 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 +150Kcal



# 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%)
- Call us if you have any questions at:  
206.799.8650, 1.877.492.1957 or  
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