

Sensible Supplementation

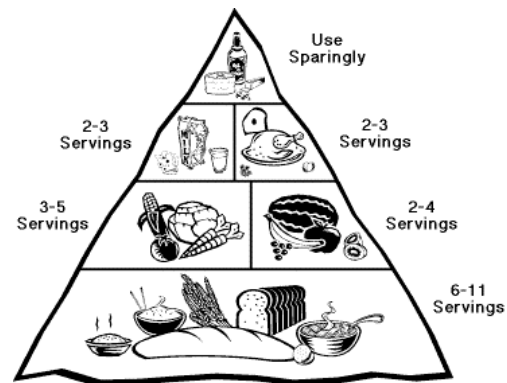
Lesson Seven

In your quest to realize your fitness goals, it's common to lose focus on the real things that should matter, such as your health and well-being. Thus, you end up neglecting your insides. Cutting down on your daily calorie intake does not necessarily assure a slimmer waistline and smaller thighs.

No matter what your age, fitness goals, or workout programs may be, daily supplementation is a MUST! After every workout you perform, your body is put under stress, especially your muscles. These effects occur at a microscopic level within your muscle tissues, which are stressed and torn. The recovery and growth process by your body occurs while you sleep. The recuperation process requires all the help it can get to make the most out of your efforts in the gym! This is where proper supplementation comes into play

Why Use Supplements?

Supplements compensate for important nutrients the average American diet often lacks while making it possible to have nutrients available at critical times. This is particularly important when attempting to lose body fat, since supplements feed the body nutrients without increasing calories. The goal of proper supplementation is to create an ideal environment in your body that promotes fat loss while preserving lean muscle. Supplements come in the form of multivitamins, antioxidants and meal replacement shakes to name a few.



The Food Pyramid
USDA Food Guide Pyramid

American diets fall short of the Recommended Daily Allowance (RDA). Almost 80% of Americans do not eat at least five servings of fruits, vegetables and whole grain items a day, the recommended minimum amount needed to provide sufficient essential nutrients to your body.

Do You Really Need a Multivitamin?

Absolutely! In a perfect world, we would eat perfectly balanced meals that contain just the right amount of each vitamin that we need for optimal health and well being without adding calories that lead to weight gain. However, our hectic schedules have us eating fast food and other items that are poor sources of essential nutrients. Multivitamins serve as buffers in the event that your diet does not meet your daily requirements. It can be difficult to calculate exactly how many vitamins your body takes in with every meal you consume. At the very least, a multivitamin and mineral formula is insurance against unavoidable dietary shortcomings no matter how you eat.

Multivitamins promote fat loss without losing muscle by supplying the calorie-free nutrients necessary to increase or maintain lean muscle tissue.

What are Antioxidants?

Antioxidants are cell protectors. They protect cells from the damage caused by unstable molecules known as *free radicals*; the devils that roam around your blood stream, causing damage to cell walls. Free radicals also accelerate the aging process. Also, over a long time period, such damage can become irreversible and lead to diseases like cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause.

Why is this important to you? Resistance Training increases oxygen intake from 10 to 20 times over the resting state. This greatly increases the generation of free radicals. Antioxidants play the housekeeper's role, "mopping up" free radicals before they get a chance to do harm in your body.

With so many supplements on the market, there is a great deal of confusion about which supplements are right for you and the differences between them.

What should you look for to ensure your line of supplements is different than others?

All supplements recommended by Expert Fitness are intended solely to complement your food intake and fitness goals. As an individualized part of your program, we recommend different formulas to complement your particular needs and diet. Your recommended supplements are specific to your individual fitness goals.

The manufacturer, of your products should operate under a pharmaceutical

license and meets or exceeds all federal standards.

The formulas should be designed with a controlled release delivery system, which releases nutrients only upon arrival at the best site for absorption. As a result, the nutrients are continually absorbed and used by the body, rather than eliminated.

With other supplement lines on the market today, you are left to decide from advertisement as to the quality of the product you are consuming. An individual assessment of your food intake and goals should be the basis for your supplement purchases.

Benefits of a Meal Replacement Shake

Before a Workout –

Right amount of energy and nutrients without weighing you down!

After a Workout –

Aids in muscle recovery and growth which encourages Fat Burning

Replace a Meal –

No time to eat? Satisfy your hunger by drinking your meal.

You need to eat 500 fewer calories every day to lose one pound in one week. Many of our meals may reach 700-800 calories without our realizing it.

Three meals a day at 750 calories each equals 2250 calories!!!! **By replacing one or two meals per day** with a reliable meal replacement shake, you will reduce the number of calories you consume. Instead of eating a meal that might have 750 calories you drink a shake with 250 calories then you will have reduced the usual number of calories you take in by 500. **One week like that PLUS exercise you will lose at least two pounds!**

Do I need to keep taking supplements after I've reached my fitness goal?

Few people can consistently eat a perfect diet. Taking an antioxidant and a multivitamin daily, may be the least expensive health insurance you can buy.

List three reasons for using supplements that are made by a properly licensed manufacturer.

Reason #1:

Reason #2:

Reason #3:

List below, two benefits to using the right supplements as opposed to all others.

Benefit #1:

Benefit #2:

What are free radicals?

How would you benefit from using a meal replacement shake?

True or false: You can reach your fitness goals without the use of supplements?

Which supplements will be necessary to take after reaching your fitness goals?
