

Y Not Personalized Fitness

Nutrition

Regular exercise cannot compensate for improper nutrition. To get the most out of your training program, you have to pay an equal amount of attention to your food program as you do your workouts. This may be difficult at first, but once you realize the degree that eating poorly impacts your health and fitness, you will think twice before reaching for that hamburger, cookie, glass of wine, or other calorically dense food.

Until it becomes second nature, remember that good nutrition is not a sacrifice, but a choice and a matter of common sense. The following basic principals will keep you on track.

1. Calories do count. Exercise can burn off some, but not all, of your food intake. Men should consume between 1800 and 2000 calories per day, while most women need about 1200 to 1500. This holds true even with moderately high levels of activity.
2. Carbohydrates in complex, whole, natural forms (whole grains, brown rice, sweet potatoes, oatmeal & vegetables) should form the basis of your food program. Our past reliance on high fat proteins, saturated fats, and refined sugars has resulted in unprecedented levels of cardiovascular disease, obesity, cancer and other life threatening conditions.
3. Limit your intake of sugar, alcohol, dairy products, refined desserts, candies, red meats, fats (including butter, margarine, oil, and mayonnaise), and salt. With the exception of salt, all of these are calorie dense foods that are often low in nutrients and natural fiber. Also avoid preservatives and chemical additives
4. Drink plenty of water, before, during and after exercise. By the end of one day, you should have consumed at least 80 ounces of water.
5. Eat on a regular schedule. Each day you could have 5 small meals that are balanced, nutrient dense, and full of fiber.

A final note about nutrition. You do not exercise with the sole intent of burning calories, but rather to change your bodies chemistry. Exercise will force your body to create more fat burning enzymes, in effect, these little enzyme furnaces will increasingly burn more fat with the same amount of exertion. The idea is to become as “fat burning efficient” as possible. Lastly, I must use an analogy to stress the importance of eating awareness. Pretend for a moment, that during your lifetime, the natural laws of the universe would allow you only one car; just as your issued only one body. In taking care of that car, you must consider the clean operation of its internal parts. I’m quite sure that you would decide, only the finest oils, lubricants, and FUELS would suffice. So why treat your body any differently? Use good, clean fuels, and your internal engine will run faster, cleaner, and longer, than the next fellow who fills his tanks with a Big Mac!