



Shape up For Summer!

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Overview

- Multi-Dimensional Conditioning & Fitness
- Myths vs. Truths
 - Top Nutrition Myths
 - Top Exercise Myths
- Practical Applications
- Exercise Demos
- Q & A

3-Dimensional Training



Mind	Body	Spirit
Sagittal	Frontal	Transverse
Strength	Endurance	Flexibility
Nutrition	Exercise	Behavior

Nutrition Myths & Fads

1. Glycemic Index is key for Weight Loss
2. Organic is Always Better
3. Gluten Free is for Everyone
4. It's a Matter of Calories in-Calories Out
5. Eating out is Unhealthy

Glycemic "Index-Schemdex"

- Glycemic Index:
 - The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating
 - Response to 50 grams of CHO of a Food
- Glycemic Load:
 - Adjusts for Serving Size

Glycemic "Index-Schemdex"

<u>Glycemic Index</u>		<u>Glycemic Load</u>	
■ Watermelon	72	■ Watermelon	8
■ Oranges	48	■ Oranges	6
■ Carrots	47	■ Carrots	2
■ Popcorn	72	■ Popcorn	7
■ Baked Potato	85	■ Baked Potato	28

Glycemic “Index-Schemdex”

Bottom Line:

Glycemic Index Inaccurate and Impractical

Recommendation:

Eat Foods that are “Close to Nature”

- Fewer Ingredients
- Less Processed

Guide to Organic

■ Organic Always Better?

- Not Always . . .
- Potential Long-Term Benefits



■ The Dirty Dozen:

- Peaches, Apples, Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes, Pears, Spinach, Potatoes

Guide to Organic

Bottom Line

Non-Organic Fruits/Veggies Better than None

Recommendation:

- Buy Organic When you Can
- Caution the “Dirty Dozen”

Gluten Sensitivity

■ Celiac Disease: Lack Enzyme to break down Gluten

- Gluten: Protein in Wheat, Rye, Barley
- Signs/Symptoms: Significant Gas/Bloating, Weight Loss
- Treatment: Eliminate Gluten From Diet

■ Is Gluten-Free Healthy?

- No Added Benefits for Most Individuals
- Whole Grain Products are Nutritious

Gluten Sensitivity

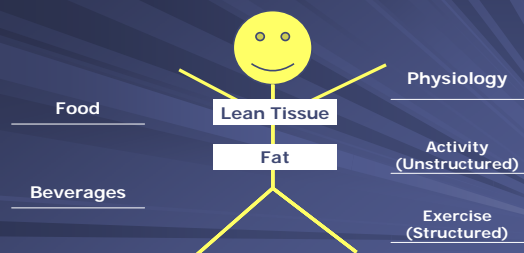
Bottom Line:

Wheat-Free Only Preferable with Celiac Disease

Recommendation:

Not Sure? Try Elimination Diet

Calories In-Calories Out? Input – Storage – Output



Eating Out Unhealthy?

- **Cut & Bag Fruits/Veggies**
 - Carrots, Celery, Cucumber, Jicama, Snow Peas, Snap Peas, Bell Peppers
 - Apples (many varieties), Pears, Peaches, Nectarines, Berries
- **Healthy Energy Bars**
 - Bonk Breaker, Optimal Nutrition 91 Bar, Cliff Bars, Power Bar Harvest
- **Raw Trail Mix, Dried Fruit**
 - “Healthy” but Calories add up quickly

Get your 5+ a Day!



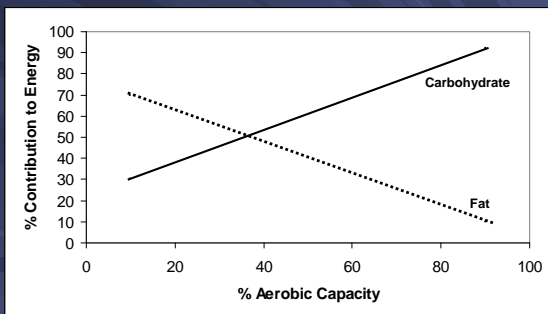
Easy Tips for Eating Out

- **Pizza:** Wheat Crust, Easy Cheese, Add Veggies
- **Burgers:** Ketchup, Mustard, Meat or Cheese, Lettuce Wrap
- **Mexican:** Corn Tortillas, Carne/Pollo Asado, Cheese-Guac-Sour Cream, Salsa, Pico de Gallo
- **Chinese:** Brown Rice, No Orange Chicken

Exercise Myths & Fads

1. **Low Intensity Exercise Burns More Fat**
2. **Spot Reduction**
3. **More = Better**
4. **Drastic Caloric Intake Cut = Quicker Weight Loss**
5. **Fat = Bad**

Fat vs. Carbohydrate Usage



Fat vs. Carbohydrate Usage

Bottom Line:

Higher Intensity Exercise Burns More Calories

Recommendation:

Exercise as Intensely as you Can
 –Vary Workouts
 –Circuit Training, Interval Training

Spot Reduction?

You Can't Crunch your way to a Six-Pack!

Spot Reduction?

Bottom Line:

Total-Body, 3-D Training Burns More Calories

Recommendation:

*Train the Way you Play™
– “Sport”-Specific Exercises*

Is More Better?

Overreaching:

- ❑ Short Term (days)
- ❑ Reversible with recovery
- ❑ Positive Training Adaptation

Overtraining:

- ❑ Long Term (weeks, months)
- ❑ Irreversible with Recovery (short term)
- ❑ Negative Training Adaptation

More is Not Always Better

Bottom Line:

Over-Reach, but don't Over-Train

Recommendation:

*Follow a Progressive Program
– Plan Active rest into your Routine
– Variety, 3-D Movements Imperative for Injury Prevention*

Cutting Out The Calories

- Too Low of Caloric Intake is Risky!
- “Starvation Mode”
 - Metabolism can slow significantly to maintain current state

Fat=Bad?

- Benefits
 - Makes Food Satisfying and Palatable
 - Good Fats:
 - Omega-3 fatty acids (predominantly found in fish and shellfish)
 - Monounsaturated fat (found in olive oil)

Recovery Exercises

- 3D Hip Drives
- Spiderman
- Hip Swings
- High Kick Progression
- Static Side Lunge



Summary

- Utilize 3-D Approach to Life, Including your Training and Conditioning
- You are ALL ATHLETES!