



Trinity Fitness

Nutrition Tips Bundle

By Nathan J. Nowak

Finding the right nutrition plan can be a difficult challenge when striving to accomplish fitness and weight loss goals. Whether it's trying to lose weight or competing in an athletic event, nutrition can make the difference between victory and defeat.

Here's a special report on some of our most talked about nutrition tips from past newsletters and blog postings. It's appropriate to give these to you now since we are getting closer to the end of 2009 and entering a new year. Many of you will have New Year's resolutions for weight loss. This will give you some helpful tips on nutrition, weight loss and maximizing your efforts in the gym and competition.

Nutrition Tip 12.2009 **Shave Off the Holiday Pounds**

If you ate an additional 200 calories a day during the holiday season, that was enough to gain an extra 10 pounds over the course of a couple weeks. If your clothes are fitting a little tighter and you're ready to get back on track with your nutrition, then here is a helpful tip to getting those pounds off fast!

This tip is actually a little known secret in the fitness and nutrition industry. In fact, the average personal trainer doesn't know this secret and those that do will be upset that I'm offering this up to the masses. That's tough for them!

The "law" states that if you consume more calories than you burn you will gain weight. If you consume less calories than you burn, you will lose weight.

If you can't afford to hire a professional to assist you with your weight loss/ fat loss goal and don't have any medical conditions that would restrict this approach, start by taking your weight and adding a zero to the end.

This number represents how many calories you should consume in a day.

Divide the total calories over 5 meals and you have the amount of calories you should consume with each meal.

Remember, these calories should come from visually equal portion sizes of a starchy carbohydrate, fibrous carbohydrate, and lean protein.

Here's an example: You weigh 180 pounds. Add a zero. This gives you a total of 1800. Divide 1800 by 5 meals per day, and the answer is 360 calories per meal.

This alone will help you shed those unwanted pounds. But don't forget that you also have to challenge muscle, get some aerobic exercise and rest for the effects to be beneficial and long lasting.

Nutrition Tip 02.2007 **"Now With 0 Trans Fats!"**

You've probably noticed this and similar headlines are making the front page of newspapers and are commonly added to food packages.

What are trans fats?

Trans fats or trans fatty acids are a result of hydrogenating oil. Hydrogenated oil is a chemical process that raises the melting point of oil, reducing its chances of becoming rancid.

The process changes the structure of the fat molecule, which forms trans fat. There's absolutely no benefit to consuming trans fats or hydrogenated oils.

In fact, hydrogenated oil is extremely harmful to your cells.

Excessive amounts of trans fats can cause coronary heart disease.

In addition to understanding what it is, I want to bring the trans fat craze to your attention to show you a misleading marketing campaign.

Advertisers tell us their product has 0 trans fats, so we should eat as much as we want.

That's misleading!

For example, Starbucks has taken trans fat items off their menus completely. They have a television commercial that says,

“0 trans fats, now you can enjoy without the guilt.” What they neglect to tell you is that the cookies and muffins that Starbucks sell still have a lot of fat in them.

So, yes it’s great that they’re finally stepping up and showing concern for their consumer’s health and longevity, but let’s not misunderstand that the absence of trans fat does not mean the absence of fat.

Nutrition Tip 03.2007 **What the heck is a “net carb”?**

This term is nothing more than an unbelievable marketing ploy. The sad thing is consumers fall for it every day.

And what’s worse is some uneducated personal trainers have fallen for it too and promote products because of the small amount of net carbs they have.

So what is a net carb?

Well, the answer to that question depends on who you ask.

Many marketers claim that if you subtract the total carbohydrates from sugar alcohol and total fiber you get the “net carb” of a food. Others don’t subtract the sugar alcohol because they claim it doesn’t have any change on the body’s insulin production.

The fact that there are two very different formulas claiming to get the same result should raise a red flag!

My friends, I’m here to tell you that if a food is labeled with 28 grams of carbohydrates, it has 28 grams of carbohydrates.

There is no other way around it.

They can subtract and add things all day long, but the bottom line is that your body sees carbs as carbs, fat as fat, and protein as protein,

PERIOD!

So, please don’t buy a bar because of the “net carb” label. Buy it because you want to eat that particular bar.

Nutrition Tip 04.2007 **You’ve got to Eat!**

Each month we talk about food myths, lies, and misconceptions. We also teach the best

food combinations for maximizing fat loss and increasing muscle and metabolism. But, if you don't eat, none of the advice I give you will work!

I understand that if you are new to Trinity, some of the guidelines to training and supportive nutrition don't seem conventional.

I also understand that being told the same thing over and over again will make you think you know what you're doing because you've "always" done it that way.

So, if you're still doing the same thing you've always done, are you getting real, consistent and lasting results? I think the answer is simple, it's NO! I go head to head with conventional exercise and methodology and come out on top every time.

Why? Conventional diet and exercise don't work!

As I said before, none of this matters if you don't eat! If you aren't putting fuel into your body, you can work out for hours, take five kickboxing classes a week, run on the weekends and still not get results.

You can't expect your body to perform correctly if, for example, you wake up at 8:00am, come to kickboxing at 10:00 am on an empty stomach, and expect to make it through class.

You don't drive your car on an empty gas tank, do you?

Why try to work out and put an increase of stress on your body from lack of food?

The results or lack of are going to be dangerous to your long term health.

Nutrition Tip 05.2007

Just In... Supplements designed especially for women's weight loss!

Are you looking to lose weight?

Are you frustrated with your results?

Can't seem to find a supplement that works for you?

It's okay, it's not you.

All the supplements that were made in the past were designed for men. Now, there are supplements that are made specifically for a woman.

I thought this might get your attention, but please tell me you're not falling for this. While

there are physical differences in men and women, as well as differences in hormones, our bodies are the same.

Triceps on men are located in the same place as on a woman. The digestive system, as well as the cardiovascular system, works just the same.

And just in case you didn't know, a woman's body loses fat the same way a man's body loses fat.

Unfortunately, there is no quick fix.

Please don't fall for this misleading advertising. It's another attempt to get you to spend money on another flawed technology.

The only system that works is supportive nutrition, moderate aerobic exercise, and a challenge for muscle.
Anything less will fail!

Do you need a little convincing? Try Trinity's **TAKE 21** class. In twenty-one days, we'll show you just how easy it is to get the results and body you've always wanted. Sign up for the January class.

You still have time to fit into that swimsuit before the end of summer.

Nutrition Tip 06.2007 **Trinity's Rapid Weight Loss Secret – Revealed!**

It's June. You only have a few weeks before your summer trip to the beach, and once again you've procrastinated and waited until the last minute to get in shape and look for the bikini you want to fit into.

No, that's not you, right?

Well, if it is or your friend needs a little help, this nutrition tip can get you looking your best in a short period of time. However, if you are only eating 3 meals a day, this isn't for you!

Okay, here we go. We teach this in the final part of the **Body Response System™** from our **Take 21** program.

By this point in the program our clients have successfully practiced the "Rule of Three" eating plan for many weeks, so we can manipulate the starchy carbohydrates a little to allow the body a chance to burn stored glycogen and fat.

(If you'd like more information or want a better understanding of the science behind the method, you can sign up for our **TAKE 21** program.)

Up to this point, participants have been eating visually equal portion sizes of a starchy carbohydrate, fibrous carbohydrate and a lean protein.

For three days your meals should consist of a fibrous carbohydrate and a lean protein. Leave out the starchy carbohydrate!

Also, add twenty percent more lean protein on these days. We want to spare lean muscle tissue and allow the body to burn off stored glycogen and fat.

The fourth day is called an over compensation day. Add the starch carbohydrate to each meal and increase it by twenty-five percent.

On days five, six and seven eat the "Rule of Three." If the seventh day is your cheat day, well, I don't need to tell you how to cheat, do I?

Do not attempt more than three 'no starchy carbohydrate days' in a row, and remember that this system can only be used for four weeks in a row and only four to five times per year.

Don't over-do it. There can be serious consequences!

Nutrition Tip 08.2007

Lose weight for as little as \$10 a day!

That's what a recent Nutrisystem advertisement said. They claim you can eat lasagna, cheeseburgers, chocolate cake and lose weight.

About a month ago, I was asked by several random people about Nutrisystem food and the program, but at that time I didn't really know much about it.

The next day I was in someone's office and found an entire drawer full of Nutrisystem meals. I was curious to see what was in them and how they worked.

As I read the back of the pre-packaged food, I was blown away.

First of all, the packages are small.

Real small! Even the so-called main meals are small.

Second, they had the exact same calories of a regular home-cooked meal but with smaller portions.

So what are you giving up?

Sure, you're eating less, but you're consuming the same amount of calories.

What's the point in that?

If you're going to have calories, don't you want to consume a good meal too?

The last major point that stands out is the sodium. Some of these small packages had as much as seven hundred milligrams of sodium.

Got hypertension?

If not now, you soon will, followed by high blood pressure.

One of the most shocking foods I saw was the pre-packaged oatmeal.

For those of you who have been on Trinity's **Super Market Tour**, you know that one of the benefits of oatmeal is that it helps lower cholesterol.

Yet, the Nutrisystem oatmeal won't do that, nor will any instant oatmeal for that matter. Instant oatmeal may be quicker, but unfortunately all the vital nutrients that help lower cholesterol are stripped away.

The only cholesterol lowering oatmeal out there will have the words "slow cook" on the package.

Let's get to the kicker.

Nutrisystem costs ten dollars a day, which means it costs \$300 a month.

For \$300 dollars a month, you could have a lot more bang for your buck.

The best use of \$300 would be to hire yourself a fitness professional and the proper guidance needed to assist you in losing the weight and keeping it off.

I've said it before, and I'll keep saying it until everyone is fit.

There are no pre-packaged meals, fat-incinerating pills, or stimulating gadgets that will help you lose weight.

These will only lead to one thing being leaner, your pocket book!

So, skip the pain of failing again or being frustrated with the lack of results.

Learn how to get permanent weight loss fast with Trinity's new and improved **TAKE 21** program. We'll discuss nutrition, as well as the other key components to a synergistic program that works for everyone, every time, guaranteed!

Nutrition Tip 09.2007
Save Money and Eat Junk Food. It's Cheaper!

This is actually the rationalization a potential client recently gave me for the reason why she chose junk food over a home cooked meal.

She told me simply because it was cheaper!

The heat this month must have really had a toll on brain cell function!

Of course, fast food appears to save you money right now.

However, after spending thousands of dollars on the numerous medications you'll need as a result of your unhealthy lifestyle, you'll realize it's actually cheaper to eat healthier!

So where can you go to start eating healthy?

There are many options.

First, you can utilize your local organic farmer.

Check out localharvest.org, a directory of organic farmers that grow and sell food in your area. Your local supermarket is also becoming more health conscious.

Publix, for example, is making strides with it's new GreenWise Market organic meats and produce.

Trinity and a local branch of Publix have also teamed up to provide monthly supermarket tours. We'll show you all the healthy, and in some cases, cheaper ways to buy healthy meals.

But, for those of you that want to save even more money, consider shopping at Costco! Costco is a great place to buy in bulk, if you can avoid the long candy aisles.

They have a wide variety of fruits and vegetables to pick from, and you can also find healthy cereal brands, like Kashi.

Note that Costco does charge a yearly membership for the opportunity to shop there, but it's well worth the savings you'll receive from all the healthy foods you purchase.

Nutrition Tip 10.2007
Put the bars down!

I was walking through the grocery store the other night, and on one of the shelves I found boxes of Curves diet bars.

For those of you who don't know what Curves is, it's a small training studio for women.

Of course being the curious person I am, I had to see these boxes up close and personal. After several shoppers giving me weird looks for holding a box of women's bars, I found myself in total shock over the ingredients.

The bars are really small.

I would probably eat three (maybe five) to get started.

Each bar has six grams of sugar, plus enough sugar substitutes for your sweet tooth and for several people sitting next to you. Here's the real kicker.

The bars claim to have no trans fats, but they lied. About half way through the ingredient list is "hydrogenated oil."

In sum, Curves is a fitness center designed to help women, uncomfortable with mainstream gyms, an opportunity to socialize, workout, and lose weight.

Sounds commendable, right?

Sure it does.

Well, now they are selling bars that are nothing but junk. It makes me wonder if they really have their clients' best interest in mind.

This is just another reminder that we all need to check the ingredient lists and not buy a product just because of the brand name.

Nutrition Tip 11.2007
It's only a few days, enjoy it!

I often hear people say they cannot enjoy themselves during a holiday meal because they are dieting. The holidays become a time to fear instead of a time to enjoy.

There are a few things wrong with this situation.

First, no one should pick the holidays as a time to diet.

Secondly, if you eat healthy throughout the year, you wouldn't have to worry about a holiday meal.

What's the big issue?

Do you really eat that much more at a holiday meal?

Do you sit at the table feasting for hours on end?

If you eat a couple of holiday meals with the same healthy portion sizes you normally use, you shouldn't gain 5 pounds during the holidays.

At the same time, I recognize that there are treats and great food everywhere around us during the holidays.

So, for those who forget the basics to supportive nutrition, I suggest keeping in mind the following simple tips.

Remember, maintaining your nutrition success throughout the holiday season is actually possible.

First, make breakfast a priority and plan it. Breakfast is key if you want your body to burn fat all day long. This obviously is not a new idea, but when the season changes, people forget the basics when it comes to maintaining and continuing their fitness and nutrition plan.

Breakfast should consist of the "**Rule of 3**," a starchy carbohydrate, fibrous carbohydrate, and a lean protein.

If you need assistance with this, pick up a copy of Trinity's cook book, "**Fit Eats!**"

Second, do not skip any meals.

It is very easy to go all day shopping from store to store and realize you have not made time to eat.

Your body's nutrition needs do not change for the last two months of the year. If you have been diligent up to this point with your nutrition plan, one or two days of calorie deprivation may not be the end of the world.

However, if you undergo a week or two of caloric deficits, you could quickly see yourself back where you started.

You worked really hard to establish good eating habits, so remember to make time for meals.

Whether you are eating out at a restaurant or waiting to get home to have dinner, you have to make sure you get the nutrition your body needs to keep energy levels high and metabolism at an optimal level.

And finally, drink plenty of water.

When you find yourself on the go, make sure you stay hydrated. Try drinking a glass or two before a party or big holiday dinner.

This will help prevent you from overeating. Drink a glass of cold water, not ice cold, before bed.

Your body will burn extra calories while trying to elevate the temperature of the water to match your body temperature.

Nutrition Tip 12.2007

There is one day, out of the entire year, that this food will make you FAT!

What is it you ask? **TURKEY!**

Or so everyone thinks. When I returned from Thanksgiving break almost everyone asked me,

“Did you have too much turkey?”

I could not understand what they were talking about. Not one person asked me about the triple creamed corn (if there is such a thing), the sweet potato casserole with extra brown sugar, or the pies, cakes or cookies. Nope, the concern was for the amount of my turkey consumption.

As a fitness professional I was embarrassed to say, “I did not know to stay away from the turkey. I was told that turkey was a lean protein, great for a supportive nutritious meal.”

Unfortunately, some of us are completely misled on what can possibly make you fat over the holidays.

Good news! It's not the turkey.

Bad news! It's everything else.

Do not be fooled. If you want to eat turkey, eat it. That would be better than the extra biscuits smothered in gravy, the corn, potatoes and all the deserts after dinner.

And besides this is the time of year to eat! If you have trained hard all year, reward

yourself a little. Trust me, if you have trained and increased your metabolism, a few extra calories will not pack on the pounds.

And for those of you who have not trained hard. Why start restricting yourself now? A few more weeks is not going to hurt too much.

Plus, trying to start a diet now could make you miserable.

Nutrition Tip 02.2008

Fit – Fat People

You've heard me talk about "skinny – fat people" so what's a "fit – fat person?" Fit – fat people are those you see in the gym everyday working out or running around the park for miles but are still fat.

What I mean is these folks can lift heavy and have a strong core but have fat around their midsection. They are the runners that can run miles and miles and still want more, but if you see them in street clothes, you might think, "man, get to the gym."

These are fit – fat people. Exercise enthusiasts that have taken something to an extreme and are good at it, but don't have the other parts of the program in balance.

Most of the time it's the supportive nutrition that's lacking from their program. Regardless of how many times a week you lift weights or run 5 to 10 miles a session, you will still look fat and be frustrated with your appearance if you don't eat supportively.

We've talked for years about supportive nutrition and what it means. Here's a little recap.

We instruct clients and gym members to eat what is known around Trinity as the "**Rule of 3.**"

The "**Rule of 3**" means you eat a lean protein, starchy carbohydrate and a fibrous carbohydrate with every meal.

You should try to get a meal in every three to three and half hours.

Meals should be visually equal portion sizes, and you should eat until you're full. That's right, until you are full!

Things to remember...

Avoid hydrogenated oils

Limit saturated fats (fats that are solid at room temperature)

Limit/Avoid sugar (ALL SUGAR!)

REMEMBER! If fat loss is the goal, sugar is out!

Drink plenty of water

Stay away from any foods labeled enriched, processed, fortified or any other words that make the product sound great. This includes wheat products.

If you start making supportive nutrition a higher priority, you will not only see a difference in your fat loss, but you'll also notice a difference in your performance levels too!

Nutrition Tip 07.2008

Barbeques, cookouts and alcohol, oh my!

I'm not suggesting you skip the party. If you do, you don't get to show off your new beach body. I'm simply suggesting you limit the hamburgers, hotdogs and barbeque.

If you're using the Beach Ready Body Strategies described above, cheating every once in a while is okay.

Just remember your goal, and if you do something in the momentary pursuit of pleasure, you may create more pain later when you don't accomplish your goal.

Take everything in moderation and you can have your cake and eat it too!

Here are your Beach Ready Nutrition Strategies.

Beach Ready Nutrition Strategy #1:

Don't skip meals!

Skipping meals will not only slow metabolism, but if you're increasing your workout intensity, you'll teach your body to burn muscle and store fat.

Ouch! That's not good!

Even if it's a smaller meal, make sure it consists of the "Rule of 3" (a lean protein, starchy carbohydrate and fibrous carbohydrate).

Beach Ready Nutrition Strategy #2:

Drink, Drink, Drink!

No, not alcohol.

Water and lots of it!

Stay away from sodas and other drinks that can dehydrate you, especially, during the summertime heat waves.

Water will help remove toxins and waste from your body, and it will also keep cells hydrated to perform and operate effectively.

Beach Ready Nutrition Strategy #3:

No Sugar Added!

Sugar is the enemy when trying to lose weight. It will prevent you from burning fat and cause you to increase fat storage.

Yes, that means fruit sugar, natural sugar and any other type of sugar you can think of.

People always want to tell me, "But, fruit sugar is supposed to be the good sugar!" or "Fruit has nutrients and vitamins!"

Fruit does indeed have nutrients and vitamins that are healthy for you, but if you want to create a dramatic change in your body, stay away from the fruit for a while. You can slowly add it back into your meal plan at a later time.

Beach Ready Nutrition Strategy #4:

Sodium makes the body retain water. The consumption of too much sodium can lead to hyper-tension and other cardiovascular issues.

Limit your sodium intake to approximately 1500mg per day. Obviously, if your doctor has told you otherwise, follow their guidelines.

Beach Ready Nutrition Strategy #5:

Saturated fat is fat that sits solid at room temperature and has no place in a weight loss

program. Limit saturated fat intake to a minimum and if possible avoid it all together.

Essential fats Omega -3 and Omega -6 will help in digestion and brain function. These are fats the body needs to maintain optimal health. You can find these fats in walnuts, salmon, scallops, shrimp, flaxseeds, halibut, cod, tuna, tofu, soybeans, and corn.

Nutrition Tip 08.2008 **12,000 Calories a Day – A Fat Michael Phelps?**

I'm sure if you haven't watched any of the Olympics, someone in your office or at home has mentioned Michael Phelps and his diet.

Yes, the man can eat!

His training schedule is so intense that if he doesn't consume enough calories, his performances will suffer.

But, when he isn't training or when he's in the off season, do you think he'll continue to eat like that?

Absolutely not!

If he does, Michael will blow up like a balloon.

What can we learn from this?

We have to consume enough calories, the good calories, to produce enough energy for our body's daily demands without overeating.

The amount of food/calories required to maintain Michael Phelps's daily training regimen is insane!

You, of course, don't need to eat anywhere near that amount of food.

You do need the essentials, including the right amount of starchy and fibrous carbohydrates, proteins and essential fats.

Balance these in every meal, stay away from empty calories and saturated fats, and you'll be well on your way to an Olympic swimmers' body in no time! Guaranteed!

Nutrition Tip 11.2008
High Fructose Corn Syrup is Good for You!

I know you've had to see the new television commercials promoting H.F.C.S. and the great benefits of having it in your diet.

This is one of the most ridiculous things I've ever watched! Here's a link to the youtube version so you can watch for yourself.

SORRY! When I went to add the link to the youtube.com commercial, the company had pulled the plug on the ads!

If you think for one minute that this as any substance to it you are in for a big surprise. High fructose corn syrup is one of the major leaders in the obesity epidemic we as American's are experiencing throughout the U.S.

H.F.C.S. is to the sweetener world as hydrogenated oil is to oil. The take something good and make something bad to keep manufacturing costs low and profits high.

If you would like to completely destroy your body's chances of burning fat and achieving the toned, fit, healthy body you are looking for, go to the local grocery store and find everything with the stuff in it.

Eat and drink up! In addition to staying overweight and frustrated with your body's appearance, you'll experience the wonderful blood sugar crash and insulin levels running out of control like a roller coaster at Six Flags!

Sweeteners aren't created equal as with other products we've talked about in the past. If you have to use something to sweeten a beverage or food, use something lower on the glycemic scale and a product the body can break down without a huge insulin spike or by product that can be dangerous to your body.

We hope that you enjoyed this quick holiday workout to keep you on track during the holiday season.

Please see our website at www.trinitybody.com or call us directly at 404-966-KICK (5425) for more information about our programs.

We have many exciting programs planned for 2010 and we would love for you to be a part of it.