



THE KETTLEBELL CLUB – LIFESTYLE PHILOSOPHY

"Exercise is your king, and nutrition is your queen. Together they create your fitness kingdom."

~ Jack La Lanne

IS YOUR BODY FUNCTIONING AT AN OPTIMAL LEVEL?

To achieve your ideal weight, health and fitness goals, your body needs to be functioning at an *optimal level*, which means: having high energy levels throughout the day; quickly recovering from minor illnesses (colds, flu's, etc.); and quick and efficient muscle and tissue recovery/repair after exercise.

The following is needed **consistently**, and on a **daily** basis, for the body to function optimally:

- Efficient and effective exercise
- Adequate rest
- Positive attitude
- The correct balance of nutrients specific to individual needs.

Once your body is in balance and has everything it needs to function efficiently, it becomes much easier to reach and maintain your goals and your ideal body weight.

SIGNS OF BALANCE

Physically: Bright eyes, feeling hungry, stamina, natural deep breathing, high energy, restful sleep, alertness, strength, good attention span, good colour

Emotionally: Confident, energized, happy, focused, calm, relaxed, patient, easygoing

If you are not achieving your goals or if your progress is very slow, then consider (1) your exercise consistency and (2) examining your daily dietary intake and eating habits, as they can impact the results you achieve by up to 70%! Exercise kick starts your metabolism; nutrition fuels it. Therefore, the key to achieving your health and fitness goals is **consistent exercise** and **mastering what you eat**.

CONSISTENT EXERCISE

If you want to be healthy, you must move your body. What happens to a car if it sits too long without being used? You run the risk of it rusting, not running very well and the possibility of it not starting at all. The same thing will happen to your body. Therefore, to keep your body functioning, you must keep it moving. This is easy. **All you have to do is consistently show up to class every week** – once, twice or three times per week; however many times you commit to attending. It's that simple. **Consistency is the absolute key**. If you are not consistent with your exercise, you will either not succeed or you will feel like you are continuously starting over or taking one step forward and two steps back. It is important to break this cycle. Even if your eating has gone off track, if you are exercising, the distance you fall back will not be as far and it will be easier to get back on track. You must become as consistent with exercise as you are with brushing your teeth. If you don't like being physically active, choose an activity and pace that is comfortably uncomfortable – comfortable enough that you will keep doing it and uncomfortable enough to see results. Smile while you are doing it. Tell yourself you are really having fun, even though you might not be. Trick yourself into thinking you are enjoying

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it until you reach the place where you can truly say that you do enjoy it, or, you still hate it but love the results and the results inspire you to be consistent!

MASTERING WHAT YOU EAT

DEFINITION OF THE IDEAL DIET

The *Ideal Diet* is an individual diet that adapts and fluctuates with your body's needs. Individual needs that influence your ideal diet include age, activity level, state of health, environment, lifestyle, and season.

FUNDAMENTAL NUTRIENTS

The following nutrients are called **main nutrients** or **macronutrients** as they form the foundation of any eating plan. All other nutrients depend on the presence of these nutrients so they can be absorbed and utilized by the body.

1. **Water – 2nd Most Important Nutrient Essential to Life (1st is oxygen)**
Water affects every single process in the body. It controls body temperature; maintains blood pressure, circulation, digestion, and absorption; flushes out metabolic waste; is important for muscle growth; lubricates every joint and organ to keep them moving well and to protect them from injury; and is a source of energy.
2. **Carbohydrates - Energy – fruits, vegetables, grains**
Carbohydrates give us energy to move physically. They also feed the brain and the nervous system. If you are not consuming enough carbohydrates, your muscles may feel weak. You may also have difficulty thinking clearly and may feel irritable.
3. **Proteins - Building Blocks - meat, poultry, fish, eggs, beans/legumes, quality protein powder**
Protein is needed for growth, maintenance, and repair of body tissues such as skin, nails, hair, muscles, teeth, bones, and organs; to recover from an illness, injury or surgery; to make enzymes which are needed for digestion and a healthy metabolism; to make hormones and antibodies; and to carry oxygen to the cells. When an individual is either underweight or overweight, their body is in a state of repair; thus, the correct amount of protein is essential to achieving and maintaining an ideal body weight.
4. **Fats – Lubricant - raw nuts and seeds, avocados, olive oil, flax oil, coconut oil, chia seeds**
Healthy fats are a secondary energy source and provide us with that "satisfied" feeling after eating.

Most foods contain some of each macronutrient; however, in each food, there is usually one macronutrient that stands out with the highest percentage. For example, an avocado contains 30g of fat, but it also contains 20g of carbohydrates and 4g of protein.



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HOW DO YOU KNOW WHAT NUTRIENTS YOUR BODY NEEDS?

Listen to what your body is telling you. Every symptom you experience is your body's way of telling you that it is out of balance. Consuming quality nutrients in the right amount at the right time will increase energy levels, eliminate symptoms, and help you reach your ideal body weight and achieve your health and fitness goals.

SYMPTOMS OF DEHYDRATION

- Dry Mouth
- Blurred vision
- Fatigue
- Overall weakness
- Shortness of breath
- Strong smelling and/or dark yellow urine
- Headaches
- Dizziness
- Flushing, dry, hot skin
- Rapid pulse

SYMPTOMS OF PROTEIN DEFICIENCY

(i.e. not eating enough or not digesting what is being consumed)

- Insomnia
- Inability to concentrate
- Easily catch colds/flu/ infections
- Cuticles tear easily
- Soft/slow-growing nails
- Anxiety
- General overall weakness
- Low resistance to stress
- Restless legs
- Muscle wasting
- Excessive appetite
- Anemia
- Depression, moodiness
- Short attention span

SYMPTOMS OF EXCESS SUGAR

- Dental cavities
- Overweight
- Nervousness/Hyperactivity
- Cravings/Addictions
- Yeast Infections
- Recurring infections
- High cholesterol
- High triglycerides
- Gallstones/Kidney stones
- Gout

SYMPTOMS OF ESSENTIAL FATTY ACID (EFA) DEFICIENCY

- Rough, dry, flaky or scaly skin
- Dry or gritty feeling in eyes; dry tear ducts
- Brittle or cracked nails
- Frequent colds, infections, sickness
- Forgetfulness, short attention span
- Eczema, psoriasis, dermatitis
- Dry, lifeless or brittle hair; split ends
- Dry mouth, throat, mucous membranes
- Depression, lack of motivation
- Female: PMS

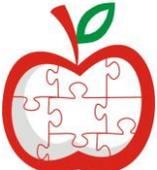
WHAT TO CONSIDER WHEN CREATING AN EATING PLAN THAT WORKS FOR YOU

1. **Balance** – Are you consuming enough fibre, protein and healthy fat? Are you eating too much sugar, saturated fat and trans fat?

Keeping blood sugar and hormone levels balanced is essential to achieving and maintaining a healthy body weight and high energy levels. Fibre, protein and healthy fats counter-balance sugar, and thus, keep blood sugar levels steady. If your blood sugar drops too low, you may get a headache or feel shaky, dizzy, or irritable. Eliminating bad fats and consuming the correct balance of healthy fats and the correct amount of protein help to balance hormone levels. Mastering what you eat requires the initial step of establishing your correct balance of macronutrients - carbohydrates, proteins, and healthy fats, which is based on your goals, age, weight, height, and activity level.

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2. **Quality** – Do the foods you currently eat contain additives, preservatives, artificial sweeteners, food dyes, chemicals, pesticides, herbicides, etc?

Check food labels. Many ingredients used in the food we eat have no nutritional value or are toxic to the body. This makes the liver work harder to get rid of them. It also turns the body into a fat storer because one of the ways the body protects itself from toxins is to store them in fat cells.

3. **Moderation** – Are you eating enough food throughout the day or are you eating too much? Are you consuming proper portion sizes at each meal or are you going for long periods of time without eating and then consuming large portions when you do eat?

There are two ways to overeat: (1) Consuming more calories than what is being used for energy; (2) Eating too much at one meal. The body can only digest a certain amount of food at one time. If you are eating more than what the body can digest at any given meal, then you are overeating. The body will digest what it can, and the rest will be converted to fat.

4. **Timing** – How much time do you leave between meals and/or snacks?

Going too long without eating causes blood sugar levels to drop which causes sugar cravings. It also causes the body to break down muscle and use it for energy – something you don't want to happen, especially if you have worked hard to gain your lean muscle.

5. **Digestion** – Are you digesting the foods you are eating?

Once the correct macronutrient balance has been achieved, it is important to ensure your digestive system is functioning well, so your body is able to absorb, and therefore utilize, all the nutrients you are consuming. It is one thing to eat the correct balance of nutrients, but if the body is unable to absorb some or all the nutrients being consumed, weight gain or losing too much weight can occur.

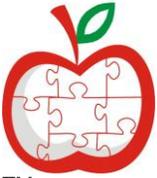
By considering the above five factors when you eat, your body will begin to function at a more optimal level because:

- It will be receiving the essential nutrients it requires to function efficiently.
- There will be less toxins for the body to eliminate due to decreased exposure (less toxins = increased performance).
- Digestion will improve which increases the flow of nutrients and reduces the buildup of toxic waste in the body.

Complete Digestion
=
Balance
Strong Immune System
Ideal Body Weight

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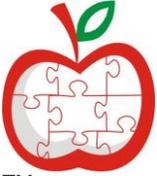
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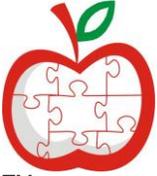
BALANCED EATING GUIDELINES

By turning these guidelines into habits, you will balance out your macronutrients and improve the functioning of your digestive system. It will also help to eliminate much of the stress caused by not knowing what to eat when.

- Get Hydrated! Drink eight to twelve 8-oz glasses (2-3L) of room temperature, filtered water each day and add an additional 4 glasses (1L) on workout or hot days. Keep in mind that each cup of coffee and alcoholic drink pulls 2 glasses of water out of you, so if you do indulge, keep them to a minimum and ideally, follow each drink with an additional 2 glasses of water to stay properly hydrated. **Avoid drinking water with meals as this dilutes the digestive juices.** (Stop drinking ½ hour before meals and start ½ hour after meals.) Note: The water added to protein drinks count towards your overall water for the day as well as non-caffeinated herbal teas that do not act as a diuretic. (Note: green tea does contain caffeine).
- Eat your first meal or mini-meal within the first hour of waking up or within one hour after exercising. Going too long without eating allows the blood sugar to drop and promotes cravings, grazing and binge eating.
- Have a post-workout drink after exercising, followed by a higher carb meal 30 minutes to 1 hour later.
- Consume 5 – 6 smaller meals per day, ensuring that you eat every 3 - 4 hours. Do not go any longer than 5 hours without eating.
- Eat smaller portions of protein (20 – 30g) at regular intervals throughout the day. If you are exercising regularly, ideally you should be consuming 1 gram of protein per pound of lean body mass. This usually works out to 1 – 1½ servings of protein at breakfast, lunch, mid-afternoon and dinner, although more servings may be required depending upon lean muscle mass and activity level.
- Sugar is the #1 enemy. Avoid it along with any foods that the body can quickly turn into sugar, including, juice, pop and other sugar laden drinks, all “white” foods, such as: white/enriched flour, white pasta, and processed foods high in sugar or artificial sweeteners. Although artificial sweeteners have no calories, their sweet taste triggers the same hormonal response as sugar and switches the body into fat storage mode.
- Consume little or no bread. If you do eat bread, only choose breads that are 100% whole grain. Sprouted grain is the most nutritious as the sprouting process makes the nutrients contained in the grain more readily available for the body to use. Breads that contain “gluten” or “wheat gluten” and yeast are best avoided.
- Get an oil change! Bad fats are the #2 enemy. Replace unhealthy vegetable oils with healthy fats such as raw nuts and seeds, avocado, olive oil, coconut oil, flax oil, ground flaxseeds, chia seeds and hemp hearts. Among many other functions, a balance of

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Omega 3, 6 and 9 healthy fats help to fill you up and keep you feeling satisfied, which prevents overeating unhealthy sugar and carbs.

- Consume between 5 to 7 servings of non-starchy vegetables per day. This can be easily accomplished if you consume 3-4 servings of greens each day – make a salad, put them into smoothies and protein shakes or add them to soups and stir fries. (Note: Eating this many vegetables will provide three glasses of water plus fibre, vitamins, and minerals.)
- Eat simple meals (i.e. few ingredients) in a relaxed environment to improve digestion.
- The goal is to feel comfortably full and satisfied at the end of the day without any cravings. If you do not feel this way, some dietary tweaking is still required!