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6 Steps to Get Your Nutrition in Check

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Everywhere you look there is a new diet - low carb, low fat, Mediterranean, Atkins, etc. How is anyone supposed to know what to eat or what supplements to take? This month we take a look at 6 easy steps to keep you fit, healthy and we PROMISE you will not be eating grapefruit only!!

1. Eat every 3 to 4 hours, hungry or not!

Why is it that everyone thinks they need to eat less to lose weight? The opposite is actually true. To lose weight you need to eat small meals every 3 to 4 hours to speed up your metabolism. Skipping meals leads to food cravings, binge eating and weight gain. Why? You are more likely to overeat when you have not eaten in 8 hours than when you eat something small every 3 to 4 hours. When you choose to eat less or skip a meal, your body goes into "starvation mode" and your metabolism slows down to preserve energy. You gain weight because your body stores all the food you consume because it assumes you will starve yourself again. The only way to break this cycle is to eat small meals, starting with breakfast and following every 3 to 4 hours.

2. Always eat protein with your carbohydrates!

Carbohydrates provide energy for our bodies. Fast-acting carbs, or simple carbs, give you that immediate rush of energy that quickly fades. Longer-acting carbs, such as oatmeal, brown rice, whole grain pastas and sweet potatoes, take longer to digest and provide longer amounts of energy. The key here is if you are not using the carbohydrates they will be stored as fat! Adding protein to the mix slows down the digestion process, aids in either building muscle or losing weight, and decreases how fast the carbohydrates go into and out of your system. One easy way to get extra protein is with one of the many different protein powders from Max Muscle Sports Nutrition. Come in for a yummy free sample today.

3. Multi-Vitamins: why we all need them.

In our busy lives, we often don't get all the nutrients we need to be fit and healthy. We are lucky if we grab a breakfast that contains something other than black coffee or a glass of juice. We continue the day by eating fast food or convenience food, which lack nutrients. Multi-vitamins like Max Complete and Max Vit-Acell act as an insurance, making sure we get all of our necessary vitamins and minerals. Without these essential nutrients, you will not be

able to see the fitness results you desire.

4. Healthy Fats Are Good!

Essential fatty acids (EFAs) are the "good fats" you're hearing all over the news these days. These good fats help undo some of the damage from the "bad fats," such as trans fats and cholesterol (animal fat). Good fats raise your HDL or "good cholesterol." High Density Lipoprotein (HDL) or "good cholesterol" helps remove the bad cholesterol, LDL (Low Density Lipoprotein), by escorting it to the liver where it is broken down and excreted. This is very important in an age when so many Americans are struggling to get their cholesterol down, and fight heart disease and obesity. Try Max Muscle's EFAs or Complete Omegas to ensure you are getting all your necessary healthy fats.

5. Is Water "That" important?

Water makes up more than 70 percent of the human body, and without it, humans would die in a few days. Did you know a small 2 percent drop in your body's water supply can trigger signs of dehydration: headaches, tiredness and lack of focus? An estimated 75 percent of Americans experience mild, chronic dehydration. All cell and organ functions in our body depend on water. Water serves as a lubricant for joints and organs, regulates body temperature, alleviates constipation and regulates metabolism. Drinking eight glasses of water daily can decrease the risk of colon cancer by 45 percent, bladder cancer by 50 percent and it can potentially even reduce the risk of breast cancer (www.freedrinkingwater.com).

6. Where to turn for more help...

Still feeling a little confused about what you really need to do to get the results you want? Stop by your local Max Muscle Sports Nutrition store and schedule a nutrition consultation with one of our certified fitness nutrition specialists. These individuals will listen to your goals and help you design a customized nutrition and supplement routine to get you MAXimum results. You deserve to look and feel your best every day! So, stop putting it off and talk to someone who can really help you achieve more than you'd ever dreamed! To find a store near you, visit www.maxmuscle.com.

Remember!! The keys to success for living well and looking great are understanding the basics and applying them in everyday life! In general, if the nutrition information you are getting sounds too good to be true, it probably is! **MS&F**