

GABRIELE

FITNESS & PERFORMANCE



Exercise Alone is Not Enough!

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I know that sounds crazy coming from someone who makes a living training people, but it is a simple fact. If your goal is fat loss and improved body composition, simply starting an exercise program is not enough for you to see serious results, some type of nutritional "intervention" is a necessity.

Now don't get me wrong, exercise, especially resistance training is **EXTREMELY** beneficial for a number of reasons. Resistance training has been shown to increase strength, joint mobility, improve quality of sleep, increase energy levels and the list could go on for a while. All of these things are great and if one or all is your goal, than strength training program alone will do wonders for you.

However, the majority of fitness clients we see have one goal above all others, they want to "look better", (ie- fat loss, muscle gain & improved body composition). In order to achieve these goals, a change in your diet is essential. Here are a few things you can do to get started on the right track of a nutritional "intervention".

1. START WITH ONE MEAL A DAY - I'm not saying to only eat once a day, what I'm saying is to focus on just one meal. Start with breakfast and plan a healthy one for 7 days straight. Make sure you give yourself a few food options and don't get too complex. Once you have breakfast dialed in, the other meals will be much easier. Going cold turkey may work for a short period of time, but you need to adopt a lifestyle.

2- IMPROVE THE QUALITY OF YOUR FOOD, DON'T SWEAT THE QUANTITY - Stop counting calories is another way I can say this one. If you want to simply lose body **WEIGHT**, I can feed you McDonald's everyday and as long as your calories do not exceed a certain level, you will see the number on the scale go down. But how would you feel? How would you look? Your body is high performance, complex machine, you would not put low grade gas in a Ferrari, so don't do it to your body. Choose whole, real foods (from the land, sea, ground and trees). Look at the ingredients on the label, if you don't know what it means or can not even pronounce the word, why would you put it in your body?

3- GET EVERYONE INVOLVED- Unless your married to a body builder and have house full of Junior Olympians running around, I'm guessing your whole family can benefit from some nutritional changes. The one thing you do not want to do is put everyone on a "diet". Just slowly get rid of the junk food in the house and find good, clean options that everyone likes. If there is junk food in the house, it will be found and consumed, I guarantee it, so just get rid of all of that temptation.

4- CHEAT- IN MODERATION- Eating 20 White Castle Cheeseburgers is not a smart way to curb a craving for carbs (But it is a great way to win a bet). A cheat meal once or twice a week is ok, but just don't go off the deep end. One or two slices of pizza are ok, but polishing off the whole pie because "It really doesn't matter either way", is not a good idea. One bad binge can throw you into a downward spiral and knock you off your plan. So enjoy yourself once in a while, just don't go overboard.

5- PREPARATION, PREPARATION, PREPARATION- My team in college used to wear t-shirts in the weight room that read, "FAILING TO PREPARE IS PREPARING TO FAIL". This quote is a perfect fit for your nutrition as well. If you do not have your meals planned out or ready to go, you will resort back to bad habits. It doesn't take a lot of work. Cook meals in bulk and buy a ton of Tupperware for starters. But make sure you know what your going to eat when you start your day, not only will it prevent you from spontaneous eating, but you will also begin to crave the healthy foods when you get hungry.

If your interested in true nutritional "Intervention", we can load the whole GFP team into a truck and come to your house at 3am and have an A&E style "Intervention", but I don't think you would like us very much. Call Sandy for an appointment if that sounds good!

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