

GABRIELE

FITNESS & PERFORMANCE



The Power of Protein

by Tom Langton

We talk nutrition with all of our clients. We know that no matter how effective our training programs look on paper, what our people are doing in the kitchen is far more important to their results than what they are doing in the facility. The one thing we recognize more than anything else in our clients' nutrition is a lack of protein. It doesn't matter if we are looking at the food choices of a college football player or a 40 year old soccer mom, we always seem to be saying the same thing "You need to eat more protein!".

Everyone who receives this advice has a similar reaction: that we are just a bunch of meatheads (no pun intended) trying to get everyone BIG. The majority of our clients are afraid of gaining too much weight or bulking up. However, most people are misinformed about the benefits and risks of consuming this nutrient. So I want to give you some basic facts that will help you better understand how important protein is to your diet, no matter what your goal is.

- *Protein is needed by the body to produce essential molecules such as enzymes, hormones and antibodies*
- *Protein helps control levels of body fat by freeing fatty acids from fat cells, allowing your body to use that fat as fuel.*
- *Protein is the building block of all healthy cells in the body, not just muscle.*
- *Protein intake helps support immune function in the body.*

That is the basic science of protein. But what does it all mean and can you survive by only consuming low levels of protein?

Of course you can survive. The human body is extremely adaptable and can survive on low levels of any nutrient. This fact has been proven over and over again in studies like the "The Twinkie Only Diet" and even when looking at people who are starving for long periods of time.

But is that what you are looking for? Is simply surviving your goal?

At GFP we can basically put all of our clients into one of two categories when it comes to goals:

**1) I want to improve performance in a sport or activity
(wrestling, soccer, triathlon, etc.)**

2.) I want to look and feel better.

So I'm going to assume that if you are reading this, then you fall into one of those two categories. If you are training hard to reach your goal and are an active person, then your need for protein far exceeds just survival. Following a hard training session your body enters a catabolic (break down) state. Consuming protein helps slow down or even prevent this break down and helps the body recover and build new tissue.

So where do we go from here? Hopefully this information has sparked some questions.

How much protein do I need to optimize performance?

What are the healthiest sources of protein I can consume?

What ratio of protein should I consume compared to carbs and fat?

Can I eat too much protein?

Check out next week's newsletter for Part 2 of the Power of Protein, where I will answer all of those questions and more. But I also want to help answer any other questions you may have. So if you can think of any other questions regarding protein, please email me at tom@gabrielefitness.com and I will do my best to answer them next week.



My man VG understands the importance of Protein consumption.

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