

Key Nutrition



Fitness Essentials!

BY AMY POSADAS

**KEY NUTRITION TO
INCLUDE WITH YOUR
WORKOUTS**



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Welcome!

In This Event we will discuss...

- ▶ Nutrition and Supplements
- ▶ Lifestyle Habits
- ▶ Sleep
- ▶ Hydration
- ▶ Protein
- ▶ Fiber
- ▶ Vitamins
- ▶ Caffeine
- ▶ Vegetables
- ▶ Food Substitutions



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Nutrition

Important point to remember:

- ▶ Main food first
- ▶ Supplements second to supplement your complete nutrition





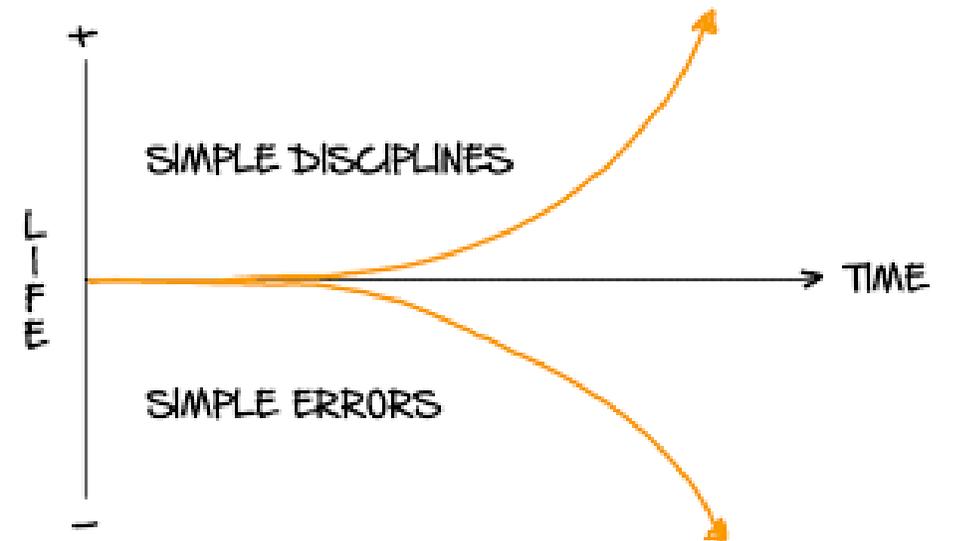
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Lifestyle Habits

Making small changes everyday can make HUGE differences...

- ▶ Sleep
- ▶ Work
- ▶ Family Routines / Schedules
- ▶ Social Routines

These ALL add up to a sedentary vs active lifestyle



The Slight Edge – Jeff Olson

What Habits can you change for long term results???

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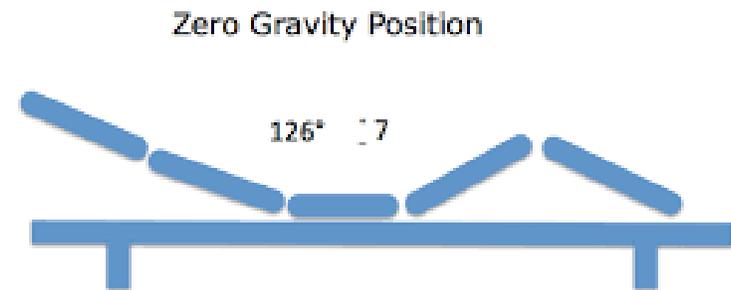
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Sleep

With proper sleep your body heals and gets rid of the inflammation and waste. **YOU NEED GOOD QUALITY SLEEP!**

Habits to make sleep even better...

- ▶ No technology 1 hr. before bed
- ▶ Sleep in a cool room
- ▶ Ear plugs / eye covers if not in a dark room or if not quite
- ▶ Weighted blankets
- ▶ Sleeping position at zero gravity



Goals will NOT be reached without good sleep!

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Hydration

Ideas for keeping hydrated:

- ▶ Flavored Liquids – but watch the extra calories
 - ▶ **Fruit infused (Lemon, lime, strawberry, cucumber, or other fruits)**
 - ▶ LiquaCel Liquid Protein
 - ▶ ZPro Protein
 - ▶ **Green Tea**
 - ▶ **Unflavored Tea**
 - ▶ **Carbonated or Uncarbonated Flavored Water**
 - ▶ **Electrolytes – Define or Ultima**



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Protein

Recommend 30-50 gm in snacks/meals

- ▶ Smoothies (with added veggies)
- ▶ Overnight Oats
- ▶ Unflavored in baking / soups / sauces





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Fiber

Can be added to smoothies as needed or used when baking/soups/sauces

- ▶ FiberCel Fiber Powder



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Vitamins

Recommend Vitamins to help supplement your nutrition...

- ▶ Vitamin D3 for strong bones and increased immunity! (3 versions available)
- ▶ MagD – Immunity Support
- ▶ Multivitamins one a day!





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Caffeine

Recommend only with hydration as coffee is a diuretic and will further the dehydration state which will further decrease energy and sweet cravings...

- ▶ Not within **6 hrs** of bedtime
- ▶ **Black or added protein milk** instead of creamer or whole milk
- ▶ **Caffeine pills**, instead of coffee & prior to workout, but cycle as to not get intolerance & may require to increase to get same effects

****Take a cat nap** – sometimes ya just need a little nap instead of sugar & caffeine & that's ok!



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Vegetables

Cruciferous vegetables...

- ▶ Broccoli
- ▶ Brussel sprouts
- ▶ Spinach
- ▶ Kale
- ▶ Cabbage
- ▶ Cauliflower

Use grilled or baked. Use in soups, smoothies, sauteed, in casseroles, or with eggs!





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Food Substitutions

Try these...

- ▶ PB or almond Powder
- ▶ Greek yogurt, cottage cheese, nuts or granola
- ▶ Cottage cheese with frozen fruits
- ▶ Nuts (pistachios) instead of chips
- ▶ Keto brownie
- ▶ Low Carb Mission Tortilla wraps
- ▶ Keto bread (Aldi)
- ▶ Soups/salad for appetizer instead of chips
- ▶ Baked potato instead of chips/bread – still carbs but not fried (depends on restaurant)
- ▶ Lot of celery w/ranch or blue cheese
- ▶ Fruit or steamed veggies instead of fries
- ▶ Fruit as dessert



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On the go

Some great choices...

- ▶ Atlas Protein Bars – Keto Friendly
- ▶ ProCare Ostrim - Protein Sticks
- ▶ Owyn Shakes (Vegan) or another premade shake (Premier)
- ▶ Drive Thru – meat & veggies

Remember:

- Water, Protein, Fiber, REPEAT
- Make note of combinations that you like that are balanced in protein, good carbs, fat



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BY AMY POSADAS

Amy's code "TH10" (Transformative Health)- for 10% off
Your ProCare Health Orders - www.procarenow.com

Reach out, Amy is happy to help!

Meraki CrossFit: <https://merakicrossfit.triib.com/>

Physical Therapy: <http://transformative-health-180.com/>

On point
Nutrition!

Empowerment