

BODY DESIGN'S

Issue 5

May 2001

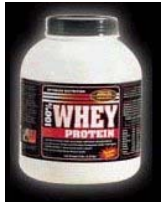
NutriFit Newsletter

Corey's Top 5 Supplements For 2001



1) Creatine Monohydrate, with Dextrose

Creatine will help you increase strength, power, and size. Taking this supplement with at least 30 grams of dextrose increases absorption. You need about 10 grams a day after the loading phase. The best time to take it is before and after working out. Creatine is a proven product rated number 1 for both effectiveness and value.



2) Whey Protein

Protein is the essential building block for muscle. Without protein you can not build

muscle! Weight training athletes need from 1.5 to 2.2 grams of protein per lean pound of lean A 200 lb athlete needs roughly 200 grams a day! Consuming so much protein is made easier with the addition of protein shakes.



3) L-Glutamine

This is the most essential amino acid for recovery and strength. When properly supplemented it can increase growth hormone and help speed recovery.



4) Meal Replacements

The perfect meal when you're on the go!

Missing a meal because you are in a hurry can be very detrimental. Meal replacements are a great way to get the nutrition you need to grow. The best time to have a shake or a meal replacement is right after you finish working out.



5) The Ephedrine, Caffeine, Aspirin Stack

This stack is the best way to burn fat! Done properly this stack is one of the most effective supplements you can take. When looking to purchase fat burners make sure they have these three ingredients. (Another name for ephedrine is MaHuang Extract).

Increase muscle and boost your immune system- L-Glutamine?

By Shannon Chai

L-Glutamine is the most abundant free form amino acid found in muscle tissue. Similar to other amino acids, L-Glutamine plays a critical role in protein metabolism and muscle recovery. L-Glutamine is

utilized in three different areas; it's used by muscle tissue, in large quantities by the immune system, and by the digestive system. During intense training, levels of this amino acid can decline and our bodies may not be able to fill the void. This can re-

sult in L-Glutamine levels being depleted in our muscles and causing muscle tissue breakdown.

Benefits-

The primary benefit like other top supplements like creatine and HMB, L-Glutamine is

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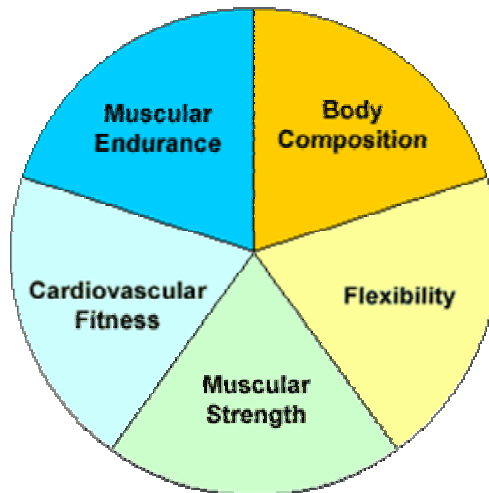
WHAT IS TOTAL FITNESS?

Cardiovascular Fitness

The health of your heart, lungs and circulation. Cardiovascular exercise reduces body fat, decreases health risks, reduces fatigue and stress.

Body Composition

The ratio of fat mass to lean mass. Decreased body fat and increase muscle mass improves appearance. Stay below 20% for men and 30% for women to decrease health risks.



Flexibility

The range of motion of each joint. Good flexibility reduces risk of injury, improves posture, maintains mobility, and improves performance.

Muscular Strength

The maximum force a muscle can produce. Strength can lead to increased metabolism, increase ability to lift heavy objects, firms and tones muscles, and reduces chances of injury.

Muscular Endurance

The ability of a muscle to sustain activity. Good endurance leads to increased metabolism, reduce fatigue, improved performance, while also firming and toning muscles.

Avoid Negative Thinking: Choose to be Positive

Negative self-talk is a destructive habit and part of an essential defense mechanism that we often develop to protect ourselves. Many people end up talking themselves out of actions that may be scary or uncomfortable. "I can't do this" is really just a way of saying "I don't want to deal with the experience of doing this." We are all strongly influenced by our feelings, often determining how and what action we ultimately take. If the feeling is uncomfortable, negative self-talk results; then we often decide not to take any action at all.

Many people assume that if a past experience produced a certain result, there is nothing they can do to change that experience in order to produce a different result. "I've tried every diet there is. I know what I

should do; I just can't do it."

Please understand that you can make the choice not to repeat old patterns of eating, non-exercise, and negative thinking. You have the ability to choose the emotions you have. If you don't like feeling guilty, frustrated, or doubtful, you can choose not to. You, and no one else, must decide what is comfortable for you. In order to become successful at making healthy choices, you must avoid negative self-talk and start practicing positive thinking.

Positive or negative self-talk plays a big part in your decisions. Be on the "look-out for negative self-talk and notice how it influences your choices; notice how it can negatively affect your efforts to change. For example, perhaps you've just returned from a

week's vacation where you took a break from exercise and healthy eating. You tell yourself, "I feel so fat. I'm back where I started." You feel guilty and frustrated. "I don't have enough will-power to start all over again. Maybe I'm just meant to be overweight." Feeling overwhelmed and discouraged, you give up.

First, reflect on the feelings you had before you decided to give up. You basically told yourself that the healthy habits you learned before your vacation were all for nothing and that you have to start over. Ask yourself if these feelings are reasonable. Are you really back to ground zero? Of course not. You accepted change and developed a new way of living; these

(continued on page 3)

(Avoid Negative Thinking Cont.)

skills are yours forever. The vacation might even have done you some good: everyone needs a break sometimes. Otherwise, you might have felt deprived and not really enjoyed yourself. It's time now to tell yourself: "It felt good eating whatever I wanted and taking a break from exercising; I had a great time. But now I'm going to focus back on the healthy, active lifestyle I was enjoying before vacation. There is no reason to beat myself up; I'll just take it one day at a time." Now you can rethink your previous decision and take action that will move you forward towards more positive change. As you begin to understand your rea-

sons for negative self-talk, you'll find yourself recognizing it more and more quickly after it occurs. Eventually, as you practice, you'll be able to recognize and stop negative self-talk before it interferes with your decisions.

It is very important to practice positive thinking and to remind yourself that you're a worthwhile person whatever you do. Try to consistently acknowledge that you are making positive changes to improve your health. You should be proud of yourself. Visualize yourself as capable, happy, and confident. These positive feelings will help the process of change. Remember, there are bound to be times when you're feeling frustrated or depressed.

Positive thinkers know that these feelings are valid, and they don't try to ignore them. Positive thinkers acknowledge and try to understand them, but they don't blame themselves for the conditions that lead to these feelings. Good luck, stay positive, and enjoy all the wonderful benefits of a healthy lifestyle!

For other motivational material visit the nutritifit library at www.betterbodyz.com

GREAT LOW CARB RECIPES!

Chicken Kiev

- 2 eggs
- 1 tbs. Water

Ingredients:

- Pound pieces of breast with great care to avoid tearing.
- 8 chicken breast halves
- 1 cup soft butter
- 3 cloves garlic, crushed
- 3 tbs. Minced parsley
- 3 tbs. Snipped chives
- Salt, pepper
- 1 pkg. Baken-ets (pork rinds)

Directions:

Bone Breast. Blend butter, garlic, parsley and chives. Shape into 8 finger rolls 1-1/4 x 1-3/4 inches. Chill until very firm, using the freezer if time is in short supply. Place each breast between 2 sheets of waxed paper. Pound with wooden mallet until 1/8 inch thick. Be very careful not to split flesh. Sprinkle with salt and pepper. Place butter rolls in middle of each breast. Roll up. Fold

ends in so butter is completely enclosed. Secure with wooden picks or fine string. Finely crush Baken-ets. Beat eggs with water. Dip 1 rolled breast at a time in egg mixture. Roll in crushed Baken-ets until completely covered. Allow drying 10 minutes before frying. Pour enough oil to completely cover breasts into deep kettle. Heat to 360° F. Fry breasts, 2 or 3 at a time, 6-10 minutes or until deep golden brown and done. Drain on paper towel. Keep warm. Remove picks or string before serving.

Since January, many of you tried to get in shape!

Why wait any longer? Let the **12 Week "Design Your Body" Contest** be your motivating factor!

If you think you have what it takes to get awesome results over the next 12 weeks, enter the Body Design- "Design Your Body Contest", and if you are a winner, you can win cash and prizes!

Last year we gave away over \$4,000 in cash and prizes. You won't be competing against thousands of people just 6 participating Body Design facilities. This year we expect a much bigger turnout. For information see a trainer or call **Chris Adair at (561)-719-6428.**

EMPLOYEE SPOTLIGHT

MARCH

PT Director of the Month

Sean Yao- Winter Springs

Company Trainer of the Month

Sean Cassady- Winter Springs

APRIL

PT Director of the Month

Jimmy Anzardo- West Boca

Company Trainer of the Month

Tony Bennett- West Palm

Increase muscle..... (cont. from page 1)

to boost strength and enhance gains in muscle size and strength. It also prevents muscle tissue breakdown, which can happen while engaging in strenuous exercise. When glutamine is in limited supply, muscle tissue is the first to relinquish it. Muscle tissue then breaks down leading to "flat" muscles, decreased strength, leaving a very adverse environment for muscle growth. Nevertheless, when glutamine is in abundant supply the opposite occurs. Elevated muscular levels of glutamine can lead to protein metabolism and cell volumizing. Cell

volumizing is a process when water molecules are shuttled into the muscle cell, making them look "full" or more pumped, therefore creating optimal conditions for muscle growth.

Research-

Recent scientific studies on L-Glutamine, and the amino acid Taurine, have been shown to improve protein metabolism and minimize muscle tissue breakdown in people enduring severe metabolic stress. Supplementing with glutamine was also shown

to increase cell volumization. Another recent study was found that free form L-Glutamine may cause increases in growth hormone levels.

Doses-



There is no sure guide on how much L-Glutamine should be taken, supplementing your diet with as little as 2-6 grams per day may have significant effects on protein metabolism and cell volumizing. Most studies were done using 15-20 g daily.

Side effects-

There are no known side effects from the use of free form L-Glutamine. L-Glutamine is a natural amino acid produced by our bodies.


Cycling this supplement is not needed because low levels of L-Glutamine

in our bodies can lead to diminished protein metabolism and tissue breakdown. **Body Design** provides top quality supplements like this at betterbodyz.com. You can also receive a 20% discount on this and other top quality supplements by using this discount code BBSC.

GET STARTED ON A FITNESS PROGRAM

\$99


See a trainer for

BOOT CAMP CLASS

JOIN US FOR A 1 HOUR FITNESS EXPERIENCE

LIKE YOU'VE NEVER HAD BEFORE!





WEST BOCA
SATURDAY, MAY 19TH
9:00 AM SHARP!

WEST PALM
SATURDAY, MAY 26TH
9:00 AM SHARP!

WEST BOCA
LOGGERS RUN MIDDLE SCHOOL
PALMETTO PARK RD.
1 MILE WEST OF 441

WEST PALM
GOLD'S GYM
2101 PALM BEACH LAKES BLVD.
WEST PALM

EARLY REGISTRATION
\$5.00

DAY OF CAMP
\$7.00

WARNING:

BOOT CAMP MAY BE HAZARDOUS TO THE WIMPY. PLEASE CONSULT WITH A PHYSICIAN BEFORE CLASS!

Call Donna to register at