

EXERCISE & HYDRATION & NUTRITION

"I thought training for a marathon would make me lose weight but it did the opposite. I gained 30 pounds throughout the training process!" - S. Walker

"I started exercising to lose weight quicker but the scale stayed the same & then went up! I was so frustrated that I just wanted to give up!" - anonymous client

Did you know that some exercises can actually cause weight gain?

Most people think that exercise is the best way to lose weight, but did you know that exercising can actually cause weight gain? Research states that low to moderate intensity, long duration activities, such as jogging for 45 minutes, can actually result in weight gain. Exercise, while beneficial for the body, can cause **inflammation** and an increase in stress hormones, such as cortisol, which can lead to fat storage. The best form of exercise for weight loss is H.I.I.T. - high intensity movements for a short duration. It is also **important to fuel your body appropriately when exercising** to see the most benefits, including weight loss!

If you do 15-45 minutes of high intensity exercise:

30-60 minutes prior to exercise	1 serving of fruit
Within 30 minutes after exercise	1 serving of fruit + protein (as a snack or meal)
Snack Examples:	1 apple + 8 almonds 1 cup of melon + 1 boiled egg 1 cup of berries + 1/2 scoop Pure Vitality protein

If you do more than 45 minutes of high intensity exercise:

30-60 minutes prior to exercise 1 serving of fruit	1 serving of fruit
Within 30 minutes after exercise	2 servings of fruit + protein (as a snack or meal)
Snack Examples:	2 apples + 8 almonds 2 cups of melon + 1 boiled egg 2 cups of berries + 1/2 scoop Pure Vitality protein

HYDRATION: Commercial sports drinks can be full of sugar, artificial sweeteners, dyes, and fillers. Most people don't realize that the same electrolytes sought after in these drinks can be found in Himalayan Sea Salt! These electrolytes include sodium, potassium, calcium, magnesium, and chloride.

How to replenish your electrolytes: Dissolve 1-2 teaspoons of Himalayan Sea Salt in 16 ounces of Alkaline water. Your program water consumption recommendations will increase when adding exercises too.

Communication is a key component of your program. If your weight loss and body measurements are not decreasing, it is important for you to contact us so we can make any necessary adjustments to your program to ensure you meet your goals.