

8 WEEK ULTIMATE BODY FUNDAMENTALS



function well.

FUNCTION WELL METHOD

FUNCTIONAL MOVEMENT

Strength training has the greatest impact on body composition and health improvement.

with...

HIGH INTENSITY YANG

CrossFit	Strength
EST	Endurance
Met Con	Stamina
Boxing	Power
HIIT	Speed

and...

RESTORATION YIN

Mobility	Steam Room
Meditation	Sauna
Yoga	Sleep
Flexibility	Stress Less
Massage	Nutrition

USING THIS APPROACH
LEADS US TO IMPROVED
PERFORMANCE IN ALL
ASPECT OF LIFE

DELIVERING

SUSTAINABLE BALANCED FITNESS

WE START
WITH EXPERT
COACHING IN...

RESTORATION

METABOLIC
CONDITIONING/EST

STRENGTH TRAINING

NUTRITION



NUTRITION

PROTEIN

- **Thermic Effect of Food - The protein digestive process burns a lot of energy throughout day**
- **Ability to repair at the cellular level from stress**
- **Lean Body Mass Gain - Protein is the most important macronutrient for this process**
- **Satiety - Protein and variation within protein sources is important for the balance of energy and to reduce feelings of hunger**
- **Adequate protein digested effectively uses energy and repairs**
- **Hormonal response - Protein regulates hormones like glucagon that controls fat storage**

HYDRATION

- Humidity, temperature, activity, timing, and quality are all considerations for hydration
- Dehydration keeps you from operating at high efficiency including lack of mental acuity in late afternoon, increases in heart rate during simple tasks, and waking up groggy
- Status of hydration is important for muscles and blood - urine isn't the only indicator
- Optimal hydration means detoxification and improved gastrointestinal function
- Water upon waking is a great start to the day, including a pinch of sea salt for those with adrenal issues
- Some people can have sleep disrupted by over hydration and it may work to reduce water intake in the hours before bed
- Waking up too much in the middle of the night usually has more to do with stress and hormonal profile
- Liquids other than water are not optimal for hydration:
 - Milk - good for babies and weight gain in the absence of autoimmune sensitivities
 - Juices - liquid sugar, void of nutrients that should go with it as fruit
 - Alcohol - not for hydration, and should not be used to calm down because of the effect on cortisol
 - Coffee - some good antioxidants, but coffee is not a source of energy

FOOD QUALITY MATTERS

- Improvements can be small changes that make a big impact
- Improvements in body composition, inflammation, increased exercise capacity and libido
- More meals eaten at home increases food quality, including leftovers - you know the quality of ingredients used
- Food preparation creates quality if responsibility is taken in planning
- Reasons for eating organic foods are sustainable farming practices and lacks pesticides - refer to “Dirty Dozen”

FOOD INTOLERANCES

- **Can't eat some foods without gas, bloating, headache, scratchy throat, joint pain? Can sometimes be fixed simply with increased food quality**
- **History of poor foods can weaken gastrointestinal tract and decrease resiliency - Were you breast fed? What was your food profile growing up? Home cooked or processed foods?**
- **Is there specific foods from which you have direct acute symptoms - Common foods for intolerances to remove can be dairy, grains, soy, oats, and eggs - Take out a food for 7-10 days or a few weeks and create awareness about where it is hidden in your diet - On the first day afterwards, have it multiple times in the day from normal sources and document your feelings**
- **Intolerances are when the body spends too much energy to break the food down and it's a burden**
- **After a temporary removal from your food profile, sometimes it can be successfully added back**
- **See our Naturopath to identify food intolerances**

CARB TOLERANCE

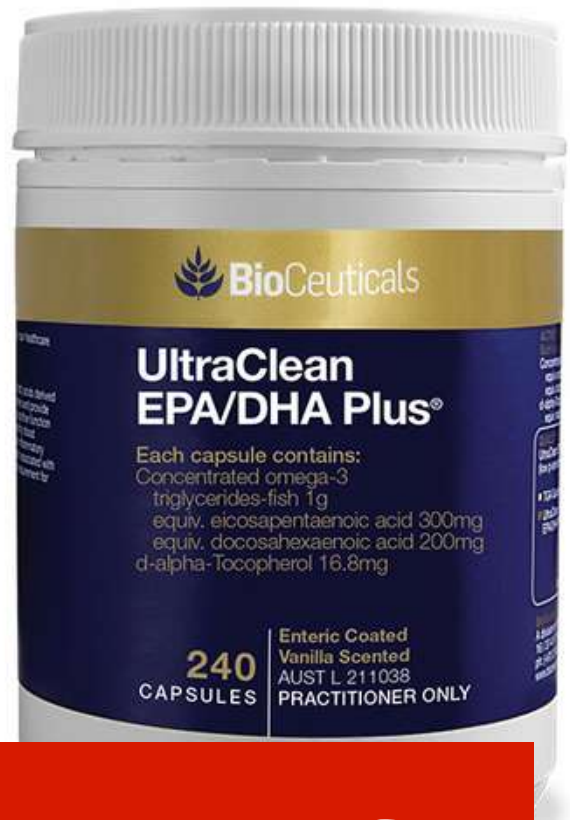
- **The right carbs can be fine dependent on function, activity, goals, and lifestyle**
- **For an intense athlete, lots of carbs can be good, but not for persons with low activity levels wanting mental acuity and energy balance**
- **Focus on high quality carbs**
- **Vegetables are great as a primary source of carbs, no matter the function or amount of carbs**
- **With higher activity and leanness levels, the more carbs you can have and should have**
- **With low activity and higher body fat levels, starchy vegetables and other carb sources should be a reduced part of diet**
- **Fructose is not a good energy source for those interested in daily function and good health markers - Sugar is of lowest importance as a carb source - May be required for intense athletes whose diets don't allow for optimal recovery**
- **Pre & Post-workout is the best time to consume carbs**

FATS

- **Low fat diets can be very detrimental**
- **Involving good quality fats creates satiety and energy levels - Too many poor sources of fats in your food profile will create internal inflammation**
- **Cell membranes are composed of fats, and good fats improve intercellular communication**
- **Fat is important for digestion, cells, and the nervous system**
- **Best sources of fats are animal sources ('food quality matters' definitely applies here), coconut and olive sources, and some nuts**
- **Stay away from fats that are overheated or used for long-term shelf life in products**
- **Sit down and chew, use good food hygiene practices with dense calorie sources**
- **With better food sources, hydration, removal of food intolerances, and improved sleep, resiliency is increased and digestion of good fats is better**
- **Low levels of resiliency can mean that even good fats won't be absorbed well**

LIFESTYLE

- **Quality sleep is most important for absorption, satiety, energy levels, and hormones - If sleep is disrupted, hormones are released to create hunger and require more calories**
- **Breakfast is important and if not hungry at this time, it could be because cortisol levels are off from their natural state and digestion as well**
- **Stress response from lifestyle of anxiety may change gut composition and food absorption**
- **Relying on false energy such as caffeine means your food absorption may be suffering**



SUPPLEMENTS



HEALTH SUPPLEMENTS

- **Quality is important. You get what you pay for, practitioner range supplements are what we confidently recommend. Many of the cheaper brands are often just wasting your money**

BLOOD ANALYSIS

- **Analysing blood work can be a powerful preventative and diagnostic tool to establish unresolved and potential health issues. Aiding in informing what supplements are required**

FISH OILS

- **They have benefits to just about every disease known to man**
- **They help mitigate insulin response – remember controlling insulin is a very important hormone to control for fat loss as it is the main fat storage hormone - the more insulin you produce the faster you will age**
- **Promote serotonin production – this is your feel good neurotransmitter. Keeping your serotonin topped up will help you make better nutrition decisions**
- **Turn on your lipolytic genes – which are responsible for burning fat as fuel**
- **Great for joint and arterial inflammation**

VITALITY SWITCH

- We can't get many of the nutrients out of food alone for optimal health
- Phytonutrients - Offer many health benefits from plant based compounds through their antioxidant, anti-inflammatory and or other properties
- Antioxidants
- Vitamins
- Minerals
- Super foods

MAGNESIUM

- Required for hundreds of biochemical reactions in the body to function properly
- The body's most essential mineral

Signs of magnesium deficiency:

- Trouble sleeping. Magnesium has a calming effect on the nervous system. If you are deficient your sympathetic nervous system will be elevated. Shown to alter electrical activity in the brain, causing agitated sleep and frequent awakening
- Muscle cramps or excessive soreness. Muscle twitching is a sure sign of magnesium deficiency. Magnesium is necessary for your muscles to contract
- Overwhelmed by stress. Lack of magnesium causes an overactive sympathetic nervous system. Which can cause excessive cortisol as part of stress response which can cause a racing mind and anxiety response
- Depression. Serotonin (elevates mood) is dependent on magnesium
- Manage blood sugar
- High blood pressure/CVD health
- Trouble focusing. Magnesium regulates a key receptor in the brain that supports memory and learning
- Digestion

ZINC

- Improves all aspects of health and well being, it is found in every tissue in the body
- Powerful antioxidant
- Maintains ideal hormone levels. If deficient, can contribute to male and female infertility and low libido
- Exacerbates effects of stress on the body and accelerates ageing
- Helps with physical performance
- Energy levels
- Boost immunity
- Men for aromatase enzyme

PROBIOTIC

If your digestion system is compromised, the vitamins and minerals from your foods do not get absorbed as effectively. This can lead to your immune system being run down, poor digestion increasing; heartburn, gas, bloating, constipation, fatigue, skin irritations, poor liver function just to name a few. Getting digestion sorted should be the focus above anything else. Probiotics are a good place to start with a gut rebuilding protocol

- Improved energy
- Improved immunity
- Improved neurotransmitters (they send messages from the brain to the cells and hormone receptors throughout the body) are produced in the gastrointestinal lining
- Antibiotics, stress and certain illnesses can all result in a reduction in the number of good bacteria in the bowel and may lead to the overgrowth of harmful micro-organisms
- Any digestion distress or irregular bowel movements, probiotics is a good place to start

BONE BROTHS

- **Slow cooking pre-digests your food for you, which means better absorption of vitamins, minerals and amino acids - These nutrients are vital for cell repair, immune function, detoxification and energy**
- **Better nutrient absorption means improved overall function**
- **Gut healing. Amino acids release from the bone into the broth. Glutamine in particular is vital for helping to repair the gut lining and keep it healthy**
- **Joint and ligament health. High in gelatin and collagen, keeps tendons and ligaments strong**
- **Look younger. Proline is another amino acid found in broths, it aids in keeping the elasticity in your skin, hair and nails strong**



STRESS MANAGEMENT

YOGA + MEDITATION

- **Stimulate your parasympathetic nervous system (rest + digest) with yoga and meditation**
- **Meditation provides positive neurological benefits**
- **Yoga and meditation have a positive impact on GABA production - Neurotransmitter to help you relax and shut down your brain**
- **Finish your training with meditation to get the maximum benefit by better equipping your body to absorb nutrients and recover**

HOT/COLD THERAPY

PROTOCOL 1

I'm feeling **FATIGUED & SORE**

AIM OF RECOVERY

Reduce fatigue sensations / reduce swelling / increase blood flow / enhance onset of sleep

2-3 min Cold
5-10 min Sauna
2-3 min Cold
5-10 min Steam
2-3 min Cold
or
5 min Cold
10-20 Steam or Sauna
5 min Cold

PROTOCOL 2

I'm feeling **SORE, THE HEAT, HIGHLY FATIGUED**
I had an **INTENSE SESSION**

AIM OF RECOVERY

Reduce fatigue sensations / reduce swelling / increase blood flow / enhance onset of sleep / decrease body temp / decrease sweat rate / increase comfort / enhance muscle repair / repair muscle soreness

10 min Cold