

Nutrition, Cardiovascular & Resistance Training

Nutrition Weight Loss General Principles

Eat Clean: take preservatives out of your diet

Eat every 2-3 hours (5 or 6 small meals per day)

Each meal should be approx. 300-350 calories

Eat a complex carbohydrate, an unsaturated fat and a lean source of protein at each snack or meal in the ratio of approx. 40% carb, 30% fat, 30% protein

Drink 2 liters of water per day

Avoid eating in the evenings

Do not take in calories in the form of fluid (i.e. juice, pop, alcohol, sugar in coffee or tea)

Sleep 7 or 8 hours per night

Take supplements – our food travels long distances these days and as such is fruit is often picked prior to being ripe and loses nutrients on the truck.

Try to decrease your daily caloric intake by 250 calories and increase your physical activity to burn an additional 250 calories (go for a brisk 30 minute walk). This will amount to a weight loss of 1 pound per week and will not decrease your metabolism.

For more extensive information on the above principles, you can purchase the Fit4All program for only \$20.

Cardiovascular Training General Principles

Do cardiovascular training a minimum of 3 times per week

Train from 20 to 60 minutes per session

Vary your training as much as possible

Ideally purchase a heart rate monitor to track your progress and to help you train in your targeted range.

The general formula for determining target heart range is $220 - \text{age} \times \text{percentage}$ you want to work at. For example, if you are 40 years old and you want to train between 60 and 75% of your maximum heart rate, you would train between 108 and 135 beats per minute.

Ideally, you should be able to talk while you are training but you shouldn't want to as it would be a challenge for you.

You should try to separate your cardiovascular training and your weight training by a minimum of 6 hours.

Resistance/Strength Training General Principles

Aim for failure at 12-15 reps

Rest a body part at least two days before training it again

Try to incorporate a mix of free weights, pulley or cable and machine exercises.

Vary your routine as much as possible.

Never train with heavy weights without a spotter

Rest 60 seconds between sets

Keep a diary to monitor progress