

Meet Me In The Gym...



www.onetoonefitness.us

...It's Going Down!

A Monthly News Update From One To One Fitness



News April 2009



June 6th

NPC West Palm Beach Bodybuilding and
Anna Level Fitness, Figure & Bikini
Palm Beach Gardens



**START TRAINING
NOW
JULY 10-11, 2009**

**2009 NPC SOUTHERN STATES
CHAMPIONSHIPS**
BODYBUILDING • FITNESS • FIGURE • BIKINI



YOU ASKED FOR IT AND NOW WE HAVE IT!!

**Supportive Nutritional Bars at
www.Setpointfitness.com**

- Step 1:** In the upper left corner click "New User" link
- Step 2:** Fill in information and at "Trainer/GYM/Team" select Manuel Mair from the drop down to get a **10% discount.**
- Step 3:** Continue filling in your billing & shipping information.
- Step 4:** Click on "Submit" to place your order.

Healthy Choice Menu

Pizza Carousel Catering
4619 University Drive, Coral Springs
954-534-5014 (Ask for Jen)

Jen has a wide variety of healthy
meal choices to select from...
Ranging from fish, brown rice
and veggies to chocolate oatmeal
muffins and cakes..
Call to place your order TODAY!!

Shaking It Up!



Just a reminder that One To One Fitness offers pre and post-recovery shakes to our clients including the "Perfect Blend" (191 kcal) and the "Perfect Blend Plus" (306 kcal). These shakes are great for replacing glycogen that is lost during workouts, and aiding in the workout recovery process. So remember to **Shake It Up!!**

Upcoming Nutrition Class – May 13th

Our next Family Nutrition Class at One To One Fitness will be held on Wednesday, May 13th at 7:00 PM. The cost is \$25 for the first family member and \$10 for each additional family member. Each and every class really impacts everyone who comes out and is always a valuable experience. We hope to see *YOU* at our next class!!

Nutrition classes are held on the second Wednesday of the month.

Martha is also available for in-home presentations and supermarket tours.

To contact Martha please call 954-274-0574



Trainer Talk

Carbohydrates: To Eat or Not To Eat

- by Rich Alvarez

Many people ask if they should eat or just stay away from carbohydrates. In actuality your body utilizes carbohydrates such as grains, vegetables and fruits, for energy, brain function, to help fight diseases, maintain body weight and enhance athletic performance. The Institute of Medicine suggests that the body needs to have 45 to 65 percent of it's nutritional calories taken in as carbs and that athletes need to be on the higher end of that scale. Glycogen is stored in the muscles and the liver from carbohydrates in limited amounts. Muscle glycogen helps fuel the body and when your body "hits the wall" while training hard it needs to be replenished. Glycogen in the liver is used for liver function that keeps blood sugar levels normal and fuels the brain. A good example of depletion of muscle glycogen is hitting the wall in the latter stages of a marathon run and the body can barely continue while total depletion sets in causing you to barely be able to move your muscles because your mind says yes but your body says no. When your blood sugar drops too low your brain can no longer control your body's movements so you crash and burn mentally due to fatigue to the brain. Athletes usually need more carbohydrates than somebody that is sedentary.

Quote of the Month

Nothing will ever be attempted if all possible objections must first be overcome.

Samuel Johnson - English Author, Journalist, Poet



The Diamond Bodybuilding Classic results are in and we couldn't be prouder!! The winners are...

- ◆ Kenny Symanski - 1st Place Lightweight Bodybuilding
- ◆ George Davies - 1st Place Light Heavyweight Bodybuilding
- ◆ Dina Deanna-Rizzo - 2nd Place Class B Figure
- ◆ Chris Gurney – Overall Winner Bodybuilding
- ◆ David DePasquale – Masters Over 40 Overall Winner Bodybuilding
- ◆ George Davies - 1st Place Masters over 50 Overall Winner Bodybuilding

Protein intake is constantly discussed as your main stay for muscle mass development but you need carbohydrates as well. Protein does help your body form amino acids that help maintain lean body mass and is directly related to keeping muscle mass. Your body needs carbohydrates as well to make sure your body is in an anabolic state, which is when your muscles can develop muscle mass, rather than being in a catabolic state which is basically losing muscle. Your body needs proper balance of protein and carbs to build muscle. Yet having too much of one or the other or both can cause you to increase body fat. One of the reasons why it is suggested to split your meals into six meals a day is to keep your metabolism moving throughout the day so it does not store body fat. Keep foods healthy and stay away from high fat and high sugar content foods. Pick and choose your foods wisely and use it as fuel to make your body a lean machine. You need to eat carbs prior to training to fuel the body for exercise and to keep it from feeding off your hard earned muscle. Carbs taken after training are needed to help replenish muscle glycogen so that the body can refuel glycogen and help in the recovery process of building muscle. Simply said, your body needs carbs with protein to help muscle stay in a state so that there is no breakdown and refuel glycogen stores to help build muscle tissue and not form body fat if the body is fed correctly.

If your body is insulin resistant then you really have to watch which carbs you intake. If you tend to get tired after eating carbohydrates and your body smooths out then you should stay with slower burning carbohydrates. Instead of mashed potatoes or white rice eat yams or brown rice. If you are insulin resistant you will feel less sluggish and your body will be less likely to store your carbs as fats. Moderation is key to anything we take in, but in order to see a difference in our physiques we must feed it properly.

Feed the machine!!!



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