

New Year's Resolution (12/31/11) Ryan Saplan & Shad Arias

Get a head start on your goals for 2012

Nutrition

Calorie intake - Find out your daily Calorie Need

Track your food - Write down everything you eat

Protein intake - 0.5-0.8g per pound of body weight, 144g for 180lbs person, 1oz = 7g

No sugar - Eliminate it

Vegetable intake - Green leafy vegetables help provide high nutrition with satiety

Cardio

Focus on intensity vs duration

Rate of perceived exertion

10 **Max Effort:** Can't talk, almost impossible

9 **Very Hard:** Very difficult to maintain intensity, single words

7-8 **Vigorous:** on the verge of becoming uncomfortable

4-6 **Moderate:** Feels like you can exercise for hours, breathing heavily

1 **Very Light:** anything other than sleeping

Interval training 30/30

30 seconds at a level 8-10

30 seconds at a level 3-5

10 Rounds = 10 minutes of interval training

This is equivalent to doing 30 minutes of cardio at 4-6 intensity level

Supplements

Prevent muscle loss - for long term results, muscle burns fat

Improve rate of recovery - You get better during rest

Fills holes in diet - nutrition without calories. Get more of what you need without extra calories

Multi vitamin

Calcium

Fish oil

Resistance training

Lift heavy weights

No such thing as spot reduction - Focus on large muscle groups, they burn the most calories

Posture is the most important thing when lifting weights

Muscle imbalances lead to injury - Teach everyone why hip flexor lunge stretch and explain why

Education

Get Help

-Get a Coach for accountability

-Get a Coach for education

-Find a program and/or coach that works for you, your lifestyle and schedule.

Do it your self

-Research online: learn how the body works

-Examples: how to get better at push ups, pulls ups, squats, etc.

-Try to stay away from searching for "how to lose weight, how to flatten stomach, fastest way to lose weight." People are just trying to sell you stuff.

Do both

-No one cares more about your fitness than you