



Nourishment to Power Exercise

The first thing we need to understand is that 'diets' don't work. Restrictive eating plans whether it be 'low carbs', 'grapefruit', 'cabbage soup' see food as the enemy and not as the valuable tool that it is in achieving your goals.

What we want are long term solutions, not a quick fix. If you 'diet' you will lose weight, most of that weight being water and muscle but no more fat than normal. If you want to take your health, strength and fitness training seriously you will need to eat correctly, nourishing your body.

We need to give our body high quality food for it to function well, quality carbohydrate to give you energy and fuel your workouts, quality protein to repair muscle tissue after your weights sessions and plenty of fruit and vegetables to give your body the essential vitamins and minerals required for optimum health.

We need to keep your eating regime simple, and in doing so we make it manageable. Sticking to the rigid 3 large meals a day makes you become hungry during the day and also lacking in energy at certain times. We need to look at eating 5 smaller meals per day. You should never feel hungry.

Remember, food is not the enemy. It is essential nourishment and fuel for our bodies, of even more importance when training.