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JUNE OF 09



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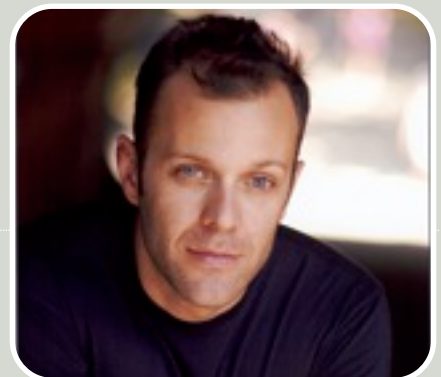
WHAT TO EAT TO DROP THE FAT.

1. Eliminate Grains from Your Diet (particularly wheat).
2. Replace grains with greens in sandwiches.
3. The Main Source of Carbohydrate should be fibrous
4. The Darker the Fruit, the Better it is for You.
5. Limit fructose intake
6. Add protein to your post-workout carb intake.

Details for rules on 2nd Page

Thought for the month:

A study in The Journal of Strength and Conditioning Research found that women who completed an hour -long strength training workout burned 100 more calories in the 24 hours afterward than they did when they didn't lift weights. At three sessions a week, that's 15,600 calories a year or 4 1/2 pounds of fat.



Meal 1: Egg whites, scallions, 1oz of low fat cheese, 1/2 cup of can black beans

Snack: Apple

Meal 2: Salad with Grilled Chicken, vegetables, olives, olive oil and vinegar,

Meal 3: Turkey Burger, avocado, tomato, 9 grain bread, side salad w/olive oil and vinegar. Or steamed or grilled vegetables

SUMMER RULES

1. Eliminate Grains from Your Diet (particularly wheat). This is the most important principle regarding carbohydrate intake. Wheat influences blood sugar levels the same way as plain table sugar. Also, the Gliadin family grains such as oats, wheat, spelt are the most common food allergen. People of the Celtic ancestry, like the Irish, are more likely to be gluten allergic. Besides raising insulin levels in the body, grains also *release cortisol in response to the allergin stress.*

2. Replace grains with greens in sandwiches. This one is promoted by Jonny Bowden, author 'Living The Low Carb Life': Instead of using bread, use dark leafy greens (such as spinach) to wrap the meat. *It will slow down the glycemic index and help shift in your favor the acid/alkaline base making you lose fat quickly!*

3. The Main Source of Carbohydrate should be fibrous. Fibrous carbs typically have a very low carb content. Their inherent high fiber brings about a very moderate insulin response, thus making them an ideal fat loss food. The best sources of fibrous carbs include:

- Broccoli
- Lettuce
- Green-beans
- Asparagus
- Spinach
- All forms of Peppers
- Beans and lentils

4. The Darker the Fruit, the Better it is for You. Dark fruits tend to have very thin skin, (hence they need to produce more anti-oxidants to protect themselves from the sun). That is why darker fruits are great anti-inflammatory foods contents. Also, the darker the fruit, the lower the glycemic load; compare berries, and cherries to bananas and pineapple.

5. Limit fructose intake. Even though fruits are great foods loaded with nutrients, they also contain fructose. Fructose in too high quantities can slow down thyroid function and increase glycation. Why is the worst glycation agent fructose? Because it does not raise insulin. *In other words, the insulin is not getting it into muscle cells. Therefore, it lingers around and wrecks metabolic havoc.* As nutrition expert Robert Crayhon would say: "fructose is like the guest that won't go home once the party is over". Crayhon recommends that the average American should eat no more than 5-10 grams of fructose a day! For very active individuals, 20 grams of fructose should be the maximum intake. *(Except any and all berries)*

6. Add protein to your post-workout carb intake. Using 15 g of protein for every 50 lbs of bodyweight, will increase glycogen storage by as much as 40%.



Workout for Home

- 20 Pushups
 - 20 Squats
 - 20 Lunges (10 per leg)
 - 15 Military Sit Ups
 - 15 Crunches
 - 20 Plank to Pushups
- Rest 60 seconds- Repeat 2 X's,
Finish w/ 50 Jumping Jacks

Workout for the Gym

- 20 Pushups
 - 15 DB Squat to Sh Presses
 - 15 DB Dead-lifts
 - 15 DB Chest Presses
 - 10 DB Incline Chest Presses
 - 15 Seated Rows
 - 10 V Grip Pull Downs
- Rest 60 Seconds-Repeat 2X's,
Finish w/ 20 minutes of Cardio