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Live
your life
to the
fullest !!

Fiber

Like fat, fiber helps to slow the absorption of sugar from the digestive tract into the bloodstream. In this way, fiber can also be considered a "Metabolic regulator" which helps balance cortisol and blood sugar levels at each meal or snack. The fiber content of whole foods also provides a great deal of "fullness" so that you are less likely to feel hunger. Try to eat some fiber with every meal.

Breakfast - 9 grain bread, Irish or steel cut oatmeal

Snack- Apple, carrots, sliced bell peppers

Lunch- 9 grain bread, kidney, black or red beans

Snack- Almonds and Walnuts which are very high in fiber

Dinner- Broccoli or any other green vegetable, sweet potato, green sautéed spinach



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Breakfast in a Blender

- 1 scoop of protein powder
- 1/2 cup of Almond Milk
- 1 navel orange peeled
- 1 Tbsp of wheat germ (whole flax seed if fine)
- 1/2 tsp of vanilla
- 1/2 cup of ice

Blend all ingredients and drink your breakfast!



Workout Circuit for the gym: (Rest 30 seconds after each set)

Monday, Wednesday, Friday

- **10 reps per leg for 3 sets- Lunges**
- **10 reps for 3 sets - Seated Row**
- **12 reps for 3 sets - DB Chest Presses**
- **Plank for 30 seconds**
- **12 reps for 2 sets - DB Bicep Presses**
- **12 reps for 2 sets- DB Shoulder Presses**
- **15 reps for 2 sets- Rope Triceps pull downs**

Thought for the Month-Holidays &Fiber

Increasing your fiber intake will help to transform your holiday dieting efforts into something simple and automatic. You'll be able to keep your weight under control without working at it or driving yourself crazy. Fiber makes you feel full, so you're less likely to stuff yourself on high calorie foods.

Fiber found in foods such as bran, whole grain products and oats naturally bind the fat you eat and help to escort them from the body. The net effect is a reduction the number of calories left behind that can be stored as body fat. So fill up on:

- Legumes, fruits and vegetables.
- You may want to try a fiber supplement. Mildly obese women who ate 6 to 7 grams of a fiber supplement while following a 1,200 to 1,600 calorie diet lost significant more weight.