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Understanding Your Body Mass

Muscle, Myth and Metabolism

OVERVIEW

- Customizing Your Wellness Action Plan
- The Satiety Hormone
- Plan for a Healthy Lifestyle
- The Stress Factor
- Rebuilding Your Wellness

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Muscle, Myth and Metabolism

Customizing Your Wellness Action Plan

- Through years of poor dietary choices, sedentary lifestyles, a lack of targeted exercise and advancing years, we lose muscle.²
- By rebuilding lost muscle mass, we support our body's healthy aging, improve our metabolism and support the elimination of toxins from our system.¹¹
 - Repairing metabolism is an important focus for rebuilding our core systems and improving our level of fitness.
 - Customizing nutrition is a big step towards wellness and optimal body composition.
- While many tend to look at health clubs and exercise programs as a luxury available to few, physical exercise is a necessity for all.

Damaging Diets

- The population affected by chronic disease in the United States, including osteoporosis, heart disease, diabetes and obesity is growing.¹
- According to John LaRossa, Market data President, Americans spent \$61 billion last year on weight-loss programs and products.
 - We want to lose weight and be healthier but we lack the know how.
 - We try diets that fail and tend to put even more weight back on.

This perpetual yo-yo-dieting pattern leaves us with a sense that “diets don’t work” or we give up and simply go “back to normal.” The reality is that we need “a new normal.”



**DID YOU
KNOW?**

“DiETING” typically refers to a temporary pattern of calorie restriction, with hope of losing weight. When we do not consume enough calories to sustain the energy needed to fuel our muscles – our body will store fat and burn off muscle instead, which in turn, negatively impacts our metabolism.¹⁰

Necessity of Change

- By ensuring you have essential nutrients and customize your action plan to your unique needs, you are taking an active stance on learning how to care for your body.

YOU are ready to harness your metabolism and
rebuild muscle lost from dieting and poor
lifestyle choices

Muscle, Myth & Metabolism

- Our body is an amazing machine, functioning at its best when its composition is a healthy balance of muscle, fat, organ systems and bone.
 - In particular, the percent of muscle to fat is an important indicator of our overall health.⁴
- A ratio with too little muscle mass relative to body fat may put you at a higher risk of heart disease, diabetes and other health problems.⁴

Muscle Loss vs Fat Loss

- Our focus in weight loss would be better described as a focus on “fat loss” not “pounds lost”.
- A pound of muscle is about half the size of a pound of fat — and we want to lose the excess fat, not muscle.
- If you have tried losing weight by cutting calories or participating in “diets” that do not include exercise, you have likely decreased lean muscle mass.

Even “skinny” people need the right muscle-to-fat ratio.

Rebuilding Your Wellness From The Inside-Out

Supporting the Process of Rebuilding Muscle Mass*


- Our metabolism slows, not just with low-calorie diets, changes in hormone receptivity or poor lifestyle habits, but with age as well.
- While we can't change the fact that we age, it is critical to have a plan to restore or repair our healthy metabolism with physical activity.

A low-glycemic-impact diet can assist you in losing excess fat, while a targeted plan for physical activity can assist you in maintaining physical strength, flexibility and endurance.

*Consult your Health Professional when considering new exercise or nutrition programs.

What's Your Percent?

- Set Your Goal!



Gender	Essential Fat	Athletes	Fitness	Average	Obese
Male	2-5%	6-13%	14-17%	18-24%	25%+
Female	10-13%	14-20%	21-24%	25-31%	32%+

<http://www.zocenter.com/images/body-fat-percentage-chart.jpg>

Understanding Low-Glycemic-Impact Food Choices

- Glycemic impact is the combination of two components; glycemic index (GI) and glycemic load (GL).
- Together they make up the impact of that food choice.³

Glycemic index(GI)

- A ranking system for foods containing carbohydrates, measured on a scale of 1 to 100.
- A ranking of 100 is equivalent to table sugar or white bread.³
- GI may be considered as a measure of the QUALITY of food choices.



Effects of High Glycemic Index Foods

- High-glycemic foods can rapidly raise blood sugar levels — which in turn causes our body to increase insulin production, telling the body to store fat.
- Low-GI foods produce little to no fluctuations in our blood sugar and insulin levels.⁵
- By consuming low-GI foods, we can promote normal blood sugar levels and at the same time, feel energized, alert and productive.

Low

0-55

Medium

56-69

High

70-100

Understanding Low-Glycemic-Load Food Choices

- Glycemic load is the amount, or quantity, of a food choice.
- Consuming a small amount of a high-GI* food will produce little impact when compared to a large amount of the same food.
- In turn, a large amount of a low-GI food may offset the consumption of higher-GI food choices when both are combined in a meal.

*GI = Glycemic Index

Eating To Ignite

- When we go for long periods of time eating poorly, consuming excess sugar or live under conditions of chronic stress, we trigger fat storage.⁵

Educating yourself about these obstacles is the first step to harnessing and igniting your metabolism.

The Satiety Hormone

- Leptin is a hormone that is tied closely to regulating energy intake and expenditure — including appetite, hunger and metabolism.⁶
 - When Leptin is present in sufficient AND optimal levels, it tells our brain we are full — when insufficient, or if we are resistant to leptin, we continue to feel hungry and crave food.⁶
- Chronic high sugar and oxidative stress leads to a rise in both insulin and leptin resistance.

Reality of Leptin

- This increase, above the optimal ranges for both Insulin and Leptin, may “flood” receptors causing them to “push back” or resist.⁷
- Ironically, this resistance signals the body to produce more insulin and therefore leptin, which triggers more fat storage from the excess calories and prevents fat burning.⁶
 - When outside of the optimal range, both leptin and insulin can trigger you to gain extra weight.
- To help bring both hormones back into balance, it is important to avoid simple carbohydrate intake, avoid crash diets, and get adequate exercise and sleep.⁷

Plan for a Healthy Lifestyle

BREAKFAST



1 serving of protein



2-4 cups of vegetables

HEALTHY

SNACK



1 serving of fruit, nuts or veggies

LUNCH



1 serving of protein



2-4 cups of vegetables



1 serving of low-GI carb



1 serving of fruit, nuts or veggies

AND



1 serving of protein



2-4 cups of vegetables



1 serving of low-GI carb



A serving of fruit

DELICIOUS

Ignite Your Metabolism

- **Goals:**
 - Three servings of fruit per day
 - 8-12 servings of brightly colored, diverse vegetables
 - Healthy choices of proteins
 - 2 servings of oils
- ***Consult your Health Professional before beginning any lifestyle or diet change.**

If you think something you eat might not be healthy, you are probably right.

The Stress Factor

- It is easy to misjudge the impact stress has on our body, either because we don't feel we can do anything about it or stress has become a normal part of our lives.
- Not only does it impact us mentally, but it can also wreak havoc on us physically — including our waistlines.
- One of the hormones released during a “fight or flight” stress response is cortisol.
- Under normal circumstances, cortisol rises as needed to mount an appropriate response to our environment, then declines to allow the body to reestablish hormonal balance.
- Problems arise when constant stress leads to a constant state of cortisol production, which stimulates glucose production, increases blood sugar, and suppresses the immune system.⁹

Supporting Your Stress Response

- Elevated cortisol levels may give way to excessive eating.
- Not only do high cortisol levels make you want to keep on snacking, but excess cortisol can also contribute to storing more fat, especially “stubborn belly fat.”⁸

When you find that life is a little too hectic, attempt to stop, take a few deep breaths, and reset your mind/perspective.

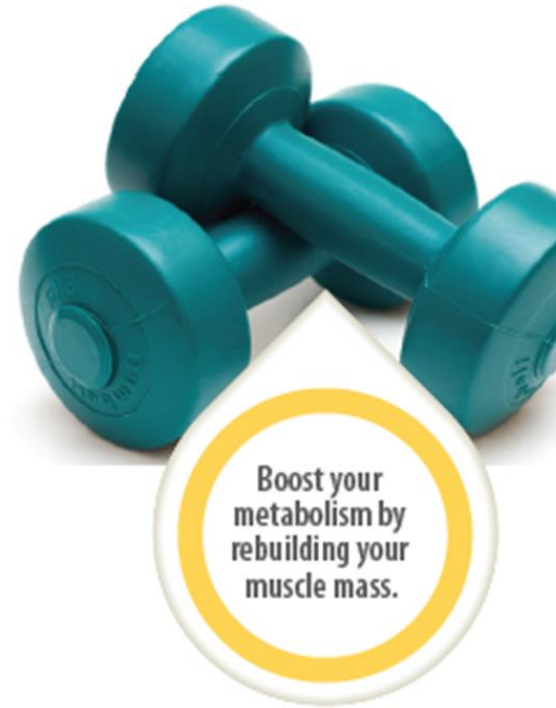
**STRESS
REDUCTION
TIP**

Effected By Cortisol

- Cortisol levels also have a direct relationship with thyroid gland function.
 - Cortisol assists the thyroid hormone in working more efficiently and supports normal thyroid function.
- When cortisol gets too high, triggered by the adrenal glands' response to elevated stress, it causes a delayed response to the thyroid hormone receptors.⁹
- When this occurs, you may be left feeling sluggish, or give up physical activity, leading to a higher chance of stress eating, or eating for energy.

Understanding Exercise*

- One of the more effective ways to condition the body towards health is to engage in resistance or functional exercise to support strength, flexibility and endurance.
- Training changes body composition, boosts metabolism, burns calories, lowers body fat and, over time, may improve your ability to utilize carbohydrates.¹⁰



*Consult your Health Professional when considering new exercise or nutrition programs.

The Importance of Weight Bearing Exercise*

- Weight-bearing exercise or strength training will help develop strong bones, reduce risk of injury, boost your stamina and it may help reduce risks of many chronic conditions.
- Going beyond essential nutrients and employing a strategy for physical exercise and stress relief can help you decrease risk for:
 - Arthritis and osteoporosis
 - Back pain
 - Depression
 - Diabetes
 - Obesity

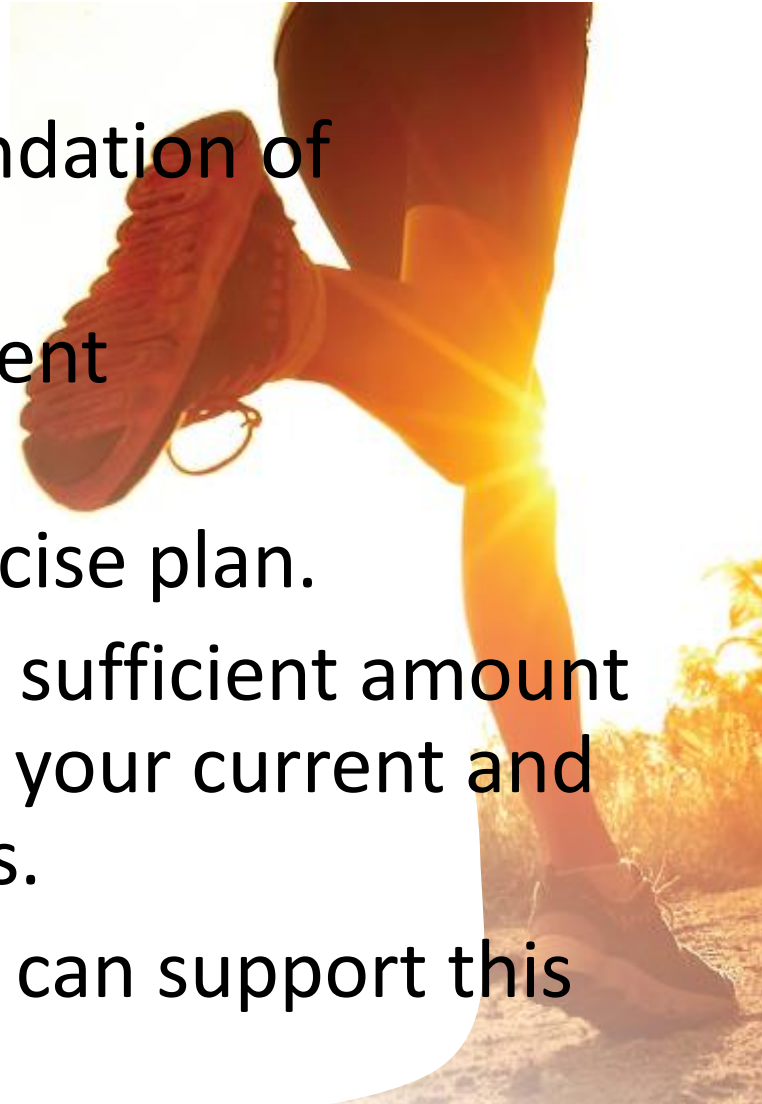
Rebuilding Muscle Mass

- By rebuilding muscle mass through exercise, healthy lifestyle and targeted nutrients, you can achieve a healthy foundation for both optimal body composition and longevity.
- With a focus on both retaining and building new muscle, you also can boost your metabolism, lose fat, feel great and develop the physique you want.

A healthy low glycemic diet is effective at losing fat & building muscle mass when done in combination with physical exercise

Tips To Take Action For Your Health

- Ensure you have a solid foundation of essential nutrients.
- Consider a physical assessment and physical workout plan.
- Commit to a consistent exercise plan.
- Ensure you are consuming a sufficient amount of proteins and fats to meet your current and changing activity level needs.
- Branched chain amino acids can support this process.



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- 11. Center for Disease Control. CDC.gov/physicalactivity/guidelines
- 12. Parr EB et. Al. (2013). *'Sarcobesity': A Metabolic Conundrum*. Maturitas. 2013 Feb;74(2):109-13.
- *†For additional references, please contact your Health Professional.* aminos, as they cannot be synthesized by the human body and, therefore, must be consumed orally. Unlike other amino acids, BCAAs are used primarily by skeletal muscle, and make up 30-35 percent of the muscle tissue itself.¹⁴ These amino acids promote healthy muscle growth and retention.
- 13 As aging occurs, the body's ability to build and retain muscle tissue or size is reduced, which can result in weakness and frailty.¹² Research has shown BCAAs promote muscle retention in older adults.¹² Additionally, it has been shown that during exercise BCAAs support muscle protein synthesis and inhibit protein catabolism (breakdown) and muscle fatigue.¹³