

On Fitness

FOR MEN AND WOMEN SEEKING KNOWLEDGE

TRAINING TIPS FROM TOP FITNESS EXPERTS

CONSIDERED BY FITNESS MAGAZINES AS THE BEST FITNESS EDITORIAL CONTENT

NO HYPE! ONLY THE TRUTH. *fitbase*

Adding protein prior to your training session primes the pump.

Pre-workout protein, specifically the branched chain amino acids, will help fuel your muscles during training. Branched chain amino acids don't need to be processed by your liver; after being absorbed they head directly to your bloodstream to be picked up by your muscles.

The nutrients you ingest around your workouts are extremely critical to developing and refining your physique. If you skip pre-workout protein, you skip a chance to support intra-workout anabolism (muscle growth) and reduce post-workout catabolism (muscle breakdown).



The majority of post-workout protein is simply wasted and converted into fiber and becomes bowel waste. This is obviously not the desire of most athletes.

The best time to absorb protein is prior to the workout. This allows for the best and complete digestion.

How much protein should a very active 65-plus individual eat?

practice in NYC.

He recommends 1.6 g protein per kg body weight. "By consuming more protein and less carbs, those who are continuously active are keeping their weight and insulin down, which consequently keeps inflammation down and will help people stay active."

If you want beef, avoid that which comes prepared as a dinner in attractive packaging that you just pop in the microwave: again, additives, which may include trans fats. And this kind of protein is not from grass fed sources.

It's really easy to eat the right

Most isolated protein drinks will completely digest in less than one hour.

Protein is converted into amino acids which are stored and easily available to help with post-workout recovery. A good rule of thumb is to maximize protein intake two hours following a workout and to maximize carbohydrate intake while your body is still sweating after training.

Another maximum benefit of the high carb post-workout meal is the natural stimulation to increase insulin. This triggers a cascade of elevated growth and sex hormone production, resulting in a massive amount of positive changes to promote faster recovery.

Carbohydrate intake also helps restore the brain of depleted glucose. This enables the maximum ability of the nervous system to aid and boost the recovery process.

Supplements are very helpful, but taking them at the right times is critical to achieving their maximum benefits. Solid research would require serum blood studies taken in sequential intervals and also combining parallel expensive hormone levels.

Your body plays a simple role in the correct answer as to what works best for you. Try starting with a pre-workout meal that's higher in protein and lower in carbohydrates with minimal fat. Use post-workout meals that are very high in carbohydrates and yet have some slight amounts of protein.

After a few weeks of training, switch the ratios around and see how your workouts, sleep and your general feeling throughout the day is. Keep a simple diary and use a 0-10 scale to measure your overall feelings for the previous factors.



Bee pollen, spiritual, magical food

Bee pollen is one of the superfoods known for its great source of concentrated nutrition and one of the most complete foods found in nature.

Bee pollen contains a treasure trove of B vitamins. It has all the B vitamins except for B12, as well as C, E and D. It's also 25 percent protein, making it one of the best sources of bio-available protein.

Because pollen is the reproductive material of the plant world, it goes without saying that bee pollen is a powerful aphrodisiac and fertility booster. It can also help the prostate because of its high content of seminal substances.

If you're looking for a quick recovery from a heavy workout, look no further than bee pollen. It helps increase muscle growth while improving athletic performance.

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How much protein should a very active 65-plus individual eat?

Many people 65-plus describe themselves as "very active." They golf, garden, take long walks or residential bike rides, use machine weights at the gym and take the grandkids on lots of excursions.

However, there's a new breed of "very active" out there: People over age 65 who are surfing, bodybuilding, competing in powerlifting events, rock climbing, trail running for miles — get the picture? What about their protein needs?

"Those with an overly active lifestyle in their older age should consume more protein than those living a mildly active lifestyle," says Dr. John Salerno, MD, board certified family physician in private

practice in NYC.

He recommends 1.6 g protein per kg body weight. "By consuming more protein and less carbs, those who are continuously active are keeping their weight and insulin down, which consequently keeps inflammation down and will help people stay active."

Protein is not protein is not protein

Protein intake is just half the equation. What about where the protein comes from? "It's also important to choose the right protein to fuel activity," says Dr. Salerno. "This means that all meat should be grass fed, organic and antibiotic free. Turkey and chicken should also be free-range and antibiotic free, as well. What's most important is the kind of protein taken in. Make sure it's hormone free, low sugar and additive free."

You're much better off eating an omelet of whole, organic, free-range eggs, rather than some egg "substitute" that comes in a carton and contains chemical additives.

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It's really easy to eat the right kind of protein. When you're about to place a protein source in your shopping cart, ask yourself, "Is this what my ancestors 50,000 years ago ate?"

Did ancient peoples eat meat from a plastic container, can and drive-thru? Did their protein come from an animal that fed on genetically modified, pesticide treated corn? Did it come from an animal that was pumped with antibiotics to prevent it from getting sick from eating that corn and being physically confined instead of allowed to roam free?

Healthy sources of protein also include wild game (elk, bison, buffalo, venison), wild caught fish and organic nuts.

— Monnica Wesley